

The Sunnybrook Patient and Family Advisory Council (PFAC) invites you to:

Connecting Our Community to Mental Health Information & Resources

Join Dr. Ari Zaretsky, Chief of the Department of Psychiatry, Sunnybrook, for a community Open House to learn more about the unique mental health services available at Sunnybrook as well as other resources in the community.

Wednesday, May 3rd, 2017 from 6:30 – 9:00 pm

McLaughlin Auditorium, Bayview Campus, Sunnybrook Health Sciences Centre, E-wing Ground Floor.

Select from one of the following Breakout Sessions which will consist of panel discussions with psychiatrists, support staff, and people with lived experience:

Session A

Memory, Mood and Maturity: Taking Care of the Mental Health of Older Adults

Led by: Dr. Nathan Herrmann, *Head of the Division of Geriatric Psychiatry*

Psychiatric conditions in older adults can be more challenging to treat because of associated and interacting medical problems. At Sunnybrook we consider the complex interaction between brain, mind and body.

Session B

Old and New: Adding Cutting-Edge Interventions to Gold-Standard Treatment for Mood Disorders

Led by: Dr. Mark Sinyor, *Adult Psychiatrist*

Cognitive Behaviour Therapy (CBT) and antidepressant medication are the gold-standard treatment for mood disorders but sometimes they do not work. Innovative enhancements to these therapies are being developed and tested at Sunnybrook.

Session C

When Obsession Takes Over: Addressing the Health Care Gap for Severe OCD at the Thompson Centre

Led by: Dr. Peggy Richter, *Head of the Frederick W. Thompson Anxiety Disorders Centre*

OCD is a surprisingly common psychiatric condition but sometimes can be very severe, debilitating and difficult to treat. The Thompson Centre has a special role to play.

Session D

Inside Out: Understanding Youth Mental Health and Accessing Help

Led by: Dr. John Teshima, *Youth Psychiatrist*

Youth and young adults can have special mental health challenges. Sunnybrook's unique expertise to treat this population will be highlighted.

Speak with representatives from community organizations at different booths to find out about support programs.

FREE admission ▪ FREE parking in Garage 1 ▪ Light refreshments provided

Please RSVP at Sunnybrook.ca/MentalHealthEvent or 416.480.6100 ext. 5079

Family
Navigation
Project

at Sunnybrook

 **Sunnybrook**
YOUTH BIPOLAR PROGRAM

 **Sunnybrook**
DEPARTMENT OF PSYCHIATRY

 **Sunnybrook**
FREDERICK W. THOMPSON
ANXIETY DISORDERS CENTRE

In any given year **9% of men and 16% of women** are affected by an anxiety disorder.



Bipolar disorder is the fourth most disabling medical condition among teens worldwide.



Up to 18% of women experience a depressive disorder of some kind **while pregnant**.



8% of Canadians experience a seriously disabling **major depression** in their lifetime.



An estimated 2 million **Canadian youth** struggle with mental health or addiction problems, and yet only 1 in 5 will get specialized treatment.



Once depression is recognized, help can make a difference for **80% of people** who are affected, allowing them to resume their regular activities.



If you or someone you care about is suffering in silence, **REACH OUT** and get the help you need.

For more information on mental health services available to you:

Sunnybrook.ca/Psychiatry

