

First Canadian run for research and care of mental health

May 22, 2007

Sunnybrook is hosting the first-ever Canadian Run/Walk fundraiser to benefit mental health, with proceeds to fund essential new research and clinical initiatives in neurosciences. Peace of Mind, when it matters most, the theme for the 2007 Manulife Run for Research, will take place on Sunday, May 27 at Wilket Creek Park.

Over its 25 year history, the Run has raised over \$3 million dollars to benefit important programs that span the spectrum of care at Sunnybrook. The anticipated \$300,000 raised this year will fund programs dedicated to improving mental health such as a unique new initiative to care and treat for patients who suffer from both depression and anxiety. Until recently, there have been virtually no academic centres in Canada that focus on the combination of anxiety and depression in individuals. Research demonstrates that those with both have more serious illness than people with either condition alone.

This year, Sunnybrook patients, families, clinicians, researchers, and friends will not only raise funds, but also awareness of mental illnesses, in an effort to remove the stigma and ensure people get the help they need when it matters most.

What: Manulife Run for Research

In support of Neurosciences at Sunnybrook Health Sciences Centre
Individuals, groups, families and pets run or walk the 5 km route.

Where: Wilket Creek Park
Leslie, north of Eglinton Avenue

When: Sunday, May 27, 2007
Registration begins at 8:30 a.m.
Run/Community Walk begins at 10:00am

Who: The Honourable Kathleen Wynne, MPP Don Valley West and Minister of Education will serve as the honorary starter.

Nimi Nanji-Simard, Chair of the 2007 Manulife Run for Research is available to speak about the fundraiser, amount raised, leading the walkers off at the start.

Patients will be available to speak about their experience with mental illness

Internationally renowned psychiatrists will be in attendance and available to speak to media:
Dr. Anthony Levitt, chief of Psychiatry at Sunnybrook (specialties: Depression and Anxiety),
Dr. Amy Cheung, youth psychiatrist at Sunnybrook, and Dr. Ken Shulman, chief of the
Neurosciences program and Psychiatrist (general psychiatry, geriatric psychiatry,
Neurosciences as a whole)

Exhibitors from various organizations focusing on mental health

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