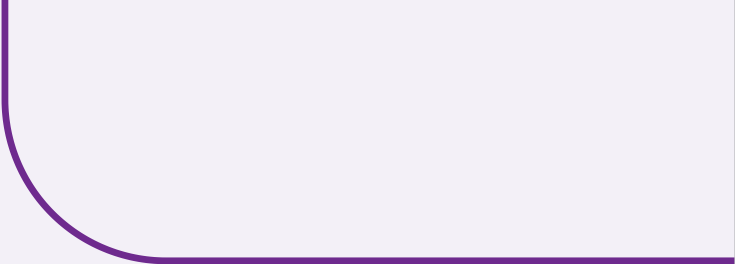




Forging a Better Path for Mental Health Care

camh



Cover Photo: Rebecca Mador, Director of Strategy and Planning at Shkaabe Makwa, and Renee Linklater, Shkaabe Makwa's Senior Director, celebrate with community partners at the 2025 CAMH Pow Wow.

Vision

Health redefined.

Mission

We are dedicated to patient, family and community well-being. We improve access to integrated care, answer the most difficult questions about mental illness and remove barriers to belonging.

Together, we choose hope.

Values

Courage, Respect, Excellence.

Thank You

To Our CAMH Community,

Connected CAMH—our strategic plan for 2024 to 2030—was built on a conviction that mental health care in this country can be fundamentally different: more connected, more equitable and more responsive to people at every stage of life. This year, we made meaningful progress on every front—and this annual report, **Forging a Better Path for Mental Health Care**, tells that story through the three pillars that guide our strategic plan and everything we do: Advance Care, Get Upstream and Lift Societal Health.

- **Advance Care:** For people living with severe, treatment-resistant mental illness, new options can be life-changing. This year, a landmark clinical trial co-led by CAMH found that magnetic seizure therapy is as effective as electroconvulsive therapy—with significantly fewer cognitive side effects. These results open a door to treatment for people who previously had few options.
- **Get Upstream:** The earlier we reach people, the better their outcomes for life. The Labatt family made the largest philanthropic investment in integrated child and youth mental health care in Canada—a \$40-million gift to establish the Labatt Family Thriving Minds Program, uniting CAMH, SickKids and The Garry Hurvitz Centre for Community Mental Health to build a more connected, navigable system of care for children, youth and families who too often don't know where to turn.
- **Lift Societal Health:** The discoveries made here should reach every clinician, caregiver and family who needs them, wherever they are. Our Global Learning Academy launched this year and reached learners in 25 countries in its first month—because better mental health care anywhere begins with better knowledge everywhere.



This year's accomplishments belong to all of us. Thank you for helping us forge a better path for mental health care. Scan to explore a mobile version of the 2025–2026 Annual Report.

This work is backed by growing scientific strength: CAMH achieved our highest-ever ranking among Canada's top research hospitals—\$130 million in research spending and first place among medium-sized hospitals for research intensity. The Temerty Discovery Centre and Waverley House Secure Care & Recovery Building continue to take shape every day—two buildings that will transform what care and discovery look like at CAMH for generations. And across sectors and geographies, partners are stepping forward to stand with us in service of the communities we all share.

At the heart of all of it are people. Researchers and clinicians, spiritual care providers and bakers, volunteers and peer support workers, patients and families, donors and advocates. The people who sit with someone in crisis, who spend years on a single question because the answer could change lives, who open a door that was closed, who show up for a stranger because they know what it means to need help. This year's accomplishments belong to all of us.

Together, let's continue choosing hope.

Susan M. Armstrong

Sue Armstrong
Chair, Board of Trustees,
CAMH

Sarah E. Downey

Sarah Downey
President & CEO,
CAMH

Anne-Marie Newton

Anne-Marie Newton
President & CEO,
CAMH Foundation

Maureen A. Dodig

Maureen Dodig
Chair, Board of Directors,
CAMH Foundation





Advance Care

Advancing care means moving promising treatments into the hands of people who need them faster—and building the systems, spaces and scientific capacity to sustain that work.

More effective treatments for severe depression

For people living with severe, treatment-resistant depression, electroconvulsive therapy (ECT) has long been the treatment of last resort—highly effective, but carrying cognitive side effects including memory loss that lead many patients to decline it. Up to a third of people with major depressive disorder do not respond to standard treatments. For those patients, options have been desperately limited.

A landmark clinical trial, co-led by Dr. Daniel Blumberger, Scientific Director of the Temerty Centre for Therapeutic Brain Intervention at CAMH, and published in *The Lancet Psychiatry* in April 2026, has found that magnetic seizure therapy (MST) matches ECT for effectiveness in treating severe depression—with significantly fewer cognitive side effects. The randomized, double-blind study enrolled nearly 300 participants across three academic centres—CAMH in Toronto, the University of Texas Southwestern Medical Center in Dallas and UC San Diego—between 2018 and 2024. Nearly half of patients in both treatment groups experienced a meaningful clinical response. MST delivered those results with substantially better preservation of memory.

MST works by using magnetic stimulation to induce a therapeutic seizure—similar to ECT, but in a more targeted way that avoids areas of the brain associated with memory. While further work is needed to support regulatory approval, training and implementation, the findings lay the groundwork for MST to become a new standard option for people with severe depression—particularly those who might otherwise decline ECT entirely.

“For decades, we’ve known that ECT is one of the most effective treatments for severe depression, but its cognitive side effects have limited its use,” said Dr. Blumberger. “Our findings show that MST can deliver similar benefits with much less impact on memory, which could make this kind of treatment a more viable option for many people who need it.”



“This is an important first step toward bringing MST into wider clinical use. If approved and implemented more broadly, it could transform the treatment experience for people living with severe depression—and open the door to care they may have previously felt they couldn’t pursue.”

Dr. Daniel Blumberger, Scientific Director, Temerty Centre for Therapeutic Brain Intervention, CAMH

Dr. Daniel Blumberger, Scientific Director of CAMH's Temerty Centre for Therapeutic Brain Intervention (right), discusses the Centre's work in non-invasive brain stimulation and psychedelic therapies with Vijay Thanigasalam, Ontario's Associate Minister of Mental Health and Addictions.



Building the future of discovery and care

The Temerty Discovery Centre is where the future of mental health research will take shape. Purpose-built to attract the world's best scientists, it will be a hub where ambitious ideas thrive and discovery translates quickly into improved care. Construction is advancing at pace—with the structure reaching the upper level, while the curtain wall progresses and interior work ongoing. When it opens in late 2027, it will be a catalyst for collaboration and the foundation for everything CAMH does to advance care, get upstream and lift societal health.

The Waverley House Secure Care & Recovery Building will provide modern, evidence-based forensic care for people living with mental illness who are in contact with the justice system—a population that has long received care in spaces not designed for their needs or their recovery. The building has reached its top level, with structural steel ongoing and the building envelope and interior finishes underway through 2026. Waverley House is on track to open in 2029.



Temerty Discovery Centre

A builder's investment in mental health

PCL Construction has been part of CAMH's campus transformation for years—their teams have helped build the spaces where care is delivered and research happens. On World Mental Health Day in October 2025, PCL announced a generous \$1.5-million gift in support of CAMH.

The construction sector faces significant mental health challenges, from chronic work-related stress to a disproportionate impact from the opioid crisis. PCL's investment will help expand access to education, tools and support for workers, families and communities—because building a better world has to include the well-being of the people doing the building.





A crane lifts steel structures into the core of the Temerty Discovery Centre, where they will become part of the striking atrium staircase that connects levels 3 to 7—a visual centerpiece designed to bring researchers together across disciplines.

The North Star Initiative

The researchers we attract today shape the treatments available to patients a decade from now. The North Star Initiative—our \$10-million commitment to bring world-class mental health scientists to Canada—creates a clear landing place for leading researchers and accelerates the connection between discovery and care. By investing in the people and platforms the future of mental health research requires, CAMH ensures that bold, high-impact science happens here, in direct relationship with patients, clinicians and communities.

In February 2026, Dr. Fiona Coutts joined CAMH from the Institute of Psychiatry, Psychology and Neuroscience at King's College London as the North Star Initiative's first recruit. As an AI scientist at the Krembil Centre for Neuroinformatics, she develops clinical machine learning tools that help clinicians identify which patients are likely to benefit from which treatments—reducing the cycles of trial and error that cost people time and well-being. Each recruit the North Star Initiative brings to Canada deepens that work: new expertise, new methods and new possibilities for people living with mental illness.



“I was drawn to CAMH because research here is so closely linked to treatment. To build tools that truly help patients, I need to work alongside clinicians, data scientists and people with lived experience, and ground the science in real clinical care.”

Dr. Fiona Coutts, Scientist, CAMH



One year of the Digital Innovation Hub

Mental health care has no shortage of promising digital tools—and getting them into routine clinical practice takes focused, sustained work. One year in, CAMH's Digital Innovation Hub is doing exactly that: evaluating what works, training clinicians to use digital tools confidently and helping patients—many of whom face real barriers navigating digital health—build the skills and access they need.

Early work includes wearable device studies on our early psychosis unit, a digital mental health literacy program co-designed with people with lived experience and the Digital Navigators project—developed with partners at Harvard Medical School—which explores how dedicated team members can support both clinicians and patients in using digital tools as part of their care.



“Digital tools are a necessary and critical part of solving some of the significant challenges that lay before us in delivering mental health care today and in the future.”

Dr. Gillian Strudwick, Director, Digital Innovation Hub



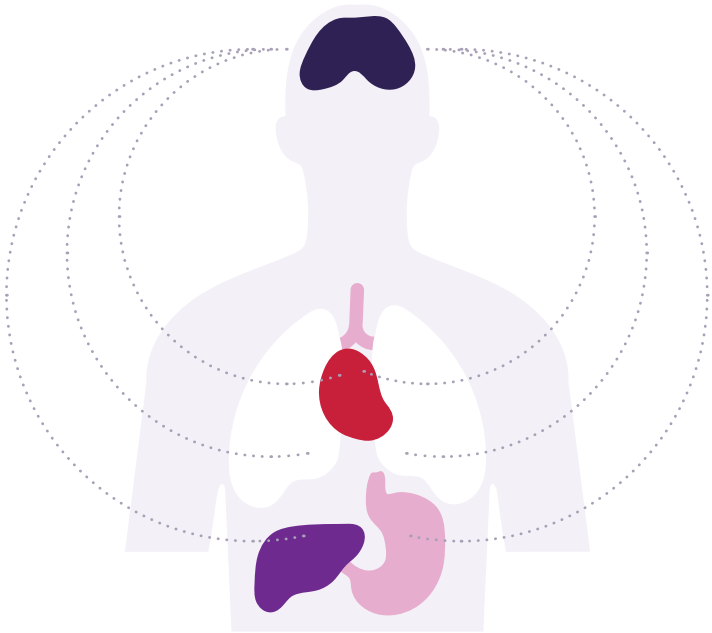
Heal the brain. Heal the body.

There is a growing understanding that the brain and body are fundamentally interconnected—yet our health systems have long treated physical and mental health separately. CAMH and University Health Network (UHN) have come together to close that gap. People living with schizophrenia, depression or addiction are more likely to die 15 to 20 years earlier than their peers, while those with heart disease, cancer or diabetes face significantly higher risk of developing mental illness.

“CAMH and UHN are already working together in new ways to better serve people with complex needs,” said Sarah Downey, President & CEO of CAMH. “By bringing together our strengths and leadership in research, this partnership is generating new knowledge that can change how care is delivered across the system.”

One promising frontier is drug repurposing. Medications like GLP-1 receptor agonists, originally developed to treat diabetes, are now being studied for addiction. Anti-inflammatories used for physical pain may help treat certain forms of depression. Exploring how existing drugs affect both brain and body enables researchers to bring new treatments to patients faster.

This collaboration has the potential to accelerate discovery and bring better care within reach—for every brain and every body.



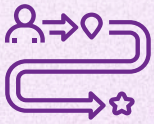
“Together, CAMH and UHN are perfectly positioned to tackle questions like: Why do panic attacks cause shortness of breath? Do tumours grow faster in people with depression? Does childhood trauma negatively affect immune response in adulthood?”

Dr. Aristotle Voineskos, Senior Vice President, Research and Science, CAMH

A launchpad for discovery

The CAMH-UHN partnership will focus research on three areas where brain and body converge:

1	STRESS	2	IMMUNOLOGY & INFLAMMATION	3	METABOLISM
How chronic stress drives mental and physical illness		How the body’s defence systems respond or malfunction		How gut health, energy systems and nutrition affect brain health	



Get Upstream

Getting upstream is about reaching people before mental illness escalates—earlier in life, earlier in illness, earlier in crisis—and connecting them to the right supports at the right time.

A landmark gift for child and youth mental health

Mental illness affects up to 20 per cent of Canadian youth, yet only one in five receive the mental health services they need. Toronto youth report declining mental health as demand for services continues to rise and waitlists grow rapidly.

The Labatt Family Thriving Minds Program unites expertise from CAMH, SickKids and The Garry Hurvitz Centre for Community Mental Health at SickKids to accelerate access to outpatient mental health care so children and youth can receive the care they need when and where they need it—avoiding unnecessary hospital visits, long or multiple waitlists, and missed opportunities for early intervention. The Thriving Minds Information Hub already consolidates more than 40 programs and services from across the three organizations into one central resource for children, youth, caregivers and health-care professionals.

This year, the Labatt family donated \$40 million to drive this work forward—the largest philanthropic investment in integrated child and youth mental health care in Canada. The gift will expand access to outpatient mental health care, support new treatment models shaped by clinical expertise and lived experience, and enhance the Information Hub so more families can find their way to care.

“Thriving Minds is about what we can achieve collectively,” said Dr. Louise Gallagher, Chief of the Child and Youth Mental Health Collaborative at SickKids and CAMH and lead of the program. “This landmark donation brings the vision of seamless, integrated mental health care for every child and youth in Toronto closer to reality.”

“This gift allows our three organizations to come together and reimagine how youth mental health care is delivered across hospital and community settings,” said Sarah Downey, President & CEO of CAMH. “We will build shared pathways, shared standards and shared supports so that young people and their families get the help they need, when they need it most.”



“Together we will live up to the name and shape a future that reflects the best of what we have to offer.”

Dr. Louise Gallagher, Chief, Child and Youth Mental Health Collaborative, SickKids and CAMH

The Labatt Family Thriving Minds Program unites expertise from CAMH, SickKids and The Garry Hurvitz Centre for Community Mental Health at SickKids.



Creating a model for youth mental health care

Youth living with mental health and substance use challenges can access services faster—and with less reliance on hospital-based psychiatric care—according to a landmark study published in *JAMA Network Open* in September 2025.

The YouthCan IMPACT project, co-led by CAMH Senior Scientists Drs. Jo Henderson and Peter Szatmari, is the first randomized clinical trial worldwide to compare an integrated youth services model with traditional hospital outpatient adolescent psychiatry. Young people receiving community-based integrated care began services within nine days on average, compared to 27 days in the hospital outpatient group—nearly three times faster—and required fewer psychiatric resources, while experiencing meaningful improvements in mental health and functioning. “This research tells a story of what’s possible when hospitals, communities, youth and families come together,” said Dr. Henderson. “It shows that system change is possible—and that it works.”

That research eventually led to Youth Wellness Hubs Ontario (YWHO)—a provincewide network of free, walk-in services for youth aged 12 to 25, offering mental health and substance use support, primary care, social services and life skills programming in one place. The network now spans 32 locations, and approximately 72,000 youth have visited hubs more than 380,000 times. CAMH anchors the network as the provincial office team, providing central coordination and support.

Early philanthropic investment in the YouthCan IMPACT pilot enabled CAMH to do the critical research that built the evidence base for everything that followed. Donor support and belief in this work helped give rise to YWHO, which in turn attracted significant government investment and has grown into what it is today.

This year, CAMH became the host organization for the Integrated Youth Services (IYS) Collaboration Centre, supporting IYS networks across the country through knowledge and data mobilization, education and training, shared resources, and implementation supports for the IYS model. Dr. Henderson serves as Chief Scientific Officer for the Collaboration Centre.





“Youth were not just participants in this study—we were partners. We helped shape the services, identify the outcomes that mattered, and ensure that the model truly reflects the realities and needs of young people.”

**Mahalia Dixon, Youth Contributor,
YouthCan IMPACT project, CAMH**

Riley Taylor, a member of Ginoogaming First Nation, and Ma-Nee Chacby, a Two-Spirit Ojibway-Cree elder, speak at the City & District of Thunder Bay YWHO grand opening in 2025.

The TAY Cohort Study welcomes 1500th participant

The Toronto Adolescent and Youth (TAY) Cohort Study reached its enrollment goal of 1,500 participants this year. The study follows youth aged 11 to 24 receiving care at CAMH over multiple years, tracking how symptoms, functioning and needs shift over time. Most participants present with three or more concurrent mental health conditions. With 1,500 participants followed over time, the study is building one of the most detailed real-world portraits of youth mental health in Canada—knowledge that will shape how care is designed and delivered for generations of young people to come.

A new partnership: The John Tavares Foundation

In fall 2025, the John Tavares Foundation made a gift to CAMH Foundation in support of child and youth mental health—including early intervention, education and care for young people and their families. John, an NHL veteran and longtime member of the Toronto Maple Leafs, and his wife Aryne visited CAMH to meet clinicians, researchers and youth receiving care.



“It’s so important when people like John Tavares step up and talk about mental illness. One of the hardest things for young people is talking about it, and that’s the first step to getting help. It makes a huge difference.”

Susan Conway, Mother of a CAMH patient and Member, CAMH Family Advisory Committee

A photograph of John Tavares and his wife Aryne standing in front of a purple banner. John is on the left, wearing a grey hoodie and a black Toronto Maple Leafs cap. Aryne is on the right, wearing a grey turtleneck sweater. The banner behind them has the text 'mental health is health' and 'IN SUPPORT OF camh'. There are blue and white balloons in the background.

Toronto Maple Leafs star John Tavares and his wife Aryne celebrate the John Tavares Foundation’s support of youth mental health at CAMH.

IN SUPPORT OF
camh



From the kitchen to the pantry, food is care at CAMH—nourishing the whole person at every point in the journey
Pictured: Members of CAMH's Nutritional Services team.

Food as care

Hunger affects how people engage in care—their ability to focus, participate and return for treatment. CAMH's Gifts of Light food pantry program runs 19 pantries across outpatient programs, including youth services, serving more than 1,200 visits each month. The pantries are clinician-managed and tailored to the needs of each program—from culturally relevant items at Shkaabe Makwa to nutritious snacks for youth in adolescent units. Because CAMH understands that effective mental health care goes beyond the clinic and reaches the whole person.



“At CAMH, we’re teaching people to live well. Small changes in the way we deliver care can have a big impact.”

Mike Lamore-Robbins, Counsellor, Youth Addiction and Concurrent Disorder Service, CAMH

Across the lifespan for people with neurodevelopmental disabilities

People with neurodevelopmental disabilities—including autism and intellectual disabilities—face significant barriers to mental health care at every stage of life. The Azrieli Adult Neurodevelopmental Centre is working to close those gaps from youth to older adulthood:

TAY Transition Study: Drawing on CAMH's broader TAY cohort, this study focuses on young people with neurodevelopmental conditions, a group for whom the shift from child to adult services is particularly complex and poorly supported. It is uncovering where the system fails them and how transition protocols need to change.

Brain Health-IDD program: This virtual program is delivered nationally, co-led by people with lived experience, focused on everyday habits around sleep, movement and nutrition that protect cognitive health. Many people in this community have never had access to that knowledge in a form designed for them—and for the first time, they do.

National dementia screening study: Spanning four provinces, this study is building early detection of dementia into routine care for aging adults with neurodevelopmental disabilities—a population at higher risk of early-onset dementia who have too often been overlooked.

Closing gaps in dementia care

Close to 733,000 Canadians live with dementia, and the quality of care they receive varies significantly across the country. This year, results from the PACt-MD study, published in *JAMA Psychiatry*, showed that combining structured cognitive exercises with non-invasive brain stimulation can measurably slow cognitive decline in older adults at elevated risk—a discovery with direct implications for how people are supported in the years before a diagnosis.

Dr. Dallas Seitz, Chief of CAMH's Division of Geriatric Psychiatry, also co-leads the national Dementia Health System Performance Team, which analyzes health data across Alberta, Saskatchewan and Ontario to map where care quality falls short. Findings will be made public and the work will expand nationally—so that more people living with dementia and the families who support them receive care that meets the standard they deserve.



"I never imagined I'd be my glamorous mom's caregiver. When her dementia got persistently worse, I brought her to CAMH thinking she was at the point of no return. CAMH didn't just medicate and manage—they listened, they saw her and they saw me. She's now part of their geriatric outpatient program, and she has had stretches of stability that once felt impossible. We all get old. We all need care. What keeps me going is knowing that with my family, loyal friends and CAMH, I'm not alone and that there's always hope."

Christina Iannello, Caregiver and Loving Daughter



Christina Iannello and her mother Rosemary pictured outside CAMH's Garron Family Building.



Lift Societal Health

When CAMH works with our partners and community to lift societal health, we ensure discoveries reach every clinician, patient and family member who needs them—wherever they are.

The Global Learning Academy

Too much of what we know about mental health never reaches the people who need it. Clinicians in under-resourced communities lack access to current evidence. Families navigating a loved one's illness struggle to find reliable guidance. People living with mental illness often have no way to access knowledge that could help them understand their own experience.

The CAMH Global Learning Academy was built to close that gap. Launched in 2025, the Academy is a digital platform that brings all of CAMH's education and training together in one place—accredited, evidence-based and accessible to health-care providers, patients, families and the public across Canada and around the world.

Within its first month of launch, the Academy reached more than 6,500 registered learners from 25 countries. More than 370 courses are now available—including simulation-based training on opioid overdose response and suicide risk assessment—and 13 formal education partnerships help sustain its growth. The Academy is also being prepared to onboard national learning networks including 9-8-8: Suicide Crisis Helpline, Youth Wellness Hubs Ontario and Shkaabe Makwa, representing thousands of additional learners each year.

The reach is already extending globally. In partnership with the Pakistan Institute of Living and Learning, CAMH's Cundill Centre for Child and Youth Depression is adapting its youth depression training for clinical realities in Pakistan—ensuring the content reflects local culture and context. The work has the potential to support hundreds of clinicians and tens of thousands of young people and their families.

“This is about giving people—whether they're clinicians, caregivers or individuals living with mental illness—access to the best knowledge we have,” says Dr. Sanjeev Sockalingam, Senior Vice President, Education and Chief Medical Officer at CAMH. “The Academy makes that learning easier to find, easier to use and more connected to real-world care.”

Global Learning Academy By the Numbers



370+ courses
now available



5K+ active
CAMH users



1,597 new external
users in the first month



25 countries
represented at launch



13 revenue generating
partnerships



“At CAMH, education has always been at the heart of how we improve care. The Global Learning Academy is a catalyst for learning and collaboration—empowering health-care providers, patients, families and communities alike to build skills and knowledge that drive better mental health care.”

Dr. Sanjeev Sockalingam, Senior Vice President, Education and Chief Medical Officer, CAMH



CAMH staff celebrate the launch of the Global Learning Academy.

9-8-8: A national lifeline, renewed

When 9-8-8: Suicide Crisis Helpline launched in November 2023 as Canada's national three-digit suicide prevention service, it represented a commitment: that anyone in this country who is thinking of suicide or worried about someone they know can reach a trained responder by call or text. In partnership with the Government of Canada, CAMH built and continues to operate the service in collaboration with crisis line partners across the country—ensuring people get support when they need it most.

This year, the scale of that commitment became clear. Since launch, 9-8-8 has answered more than 900,000 calls and texts. In January 2026, the federal government announced a renewed investment of \$120.2 million over two years so that this critical lifeline can continue to answer, expand and improve.

The renewal also advances equity. 9-8-8 responders are trained in providing culturally appropriate support, and callers can access the service in over 200 languages via an interpreter. First Nations, Inuit and Métis callers can also speak to a responder in three Indigenous languages via 9-8-8 partner, Hope for Wellness. An equity action plan is guiding how the service reaches communities that have historically faced the greatest barriers to crisis care.

Behind every call and text is a person in need and a responder ready to help. CAMH's ongoing leadership and the government's renewal ensures that people can find connection and forge a pathway to hope when they are facing their toughest moments.



The Honourable Marjorie Michel, Minister of Health, and Chi Nguyen, Member of Parliament for Spadina–Harbourfront, joined CAMH President & CEO Sarah Downey and program staff to mark the two-year anniversary of 9-8-8 and CAMH's leadership in suicide prevention.



Governor General Mary Simon tours CAMH and meets with the Shkaabe Makwa team.

Shkaabe Makwa: Celebrating five years

In November 2025, Shkaabe Makwa—CAMH’s Indigenous-led centre for First Nations, Inuit and Métis mental health and wellness—marked its fifth anniversary as a centre and 25 years of Indigenous care at CAMH. The celebration brought together community members, knowledge keepers, clinicians and researchers, with drum groups and a panel discussion reflecting on how far the work has come and how much further it must go.

This milestone year also brought significant advances in Shkaabe Makwa’s work:

- The Trauma and Substance Use Assessment Tool—developed with input from more than 250 front-line workers and 14 Indigenous service providers—helps clinicians understand symptoms within their cultural, historical and social context, guiding referrals to culturally appropriate supports, from Indigenous healing lodges to traditional knowledge keepers. It is now in field testing with Indigenous partners across Ontario.
- In December 2025, Shkaabe Makwa hosted a national gathering on Indigenous health data sovereignty, bringing together partners from across Canada to ensure that Indigenous communities control their own health data and shape the research that affects their lives.



“Historically, research with Indigenous peoples and communities in Canada has tended to operate as a very insular, yet invasive procedure. Engagement and collaboration is an opportunity to establish a respectful relationship that is reciprocal and responsive to the needs brought forward by the community.”

Dr. Rennie Linklater, Senior Director, Shkaabe Makwa

A front door for the Toronto Region

Finding mental health and addictions support in Toronto has long meant navigating a fragmented landscape of providers, waitlists and referral pathways. Ontario Health selected CAMH to change that.

As the newly designated Mental Health and Addictions (MHA) Coordinated Access Hub for the Toronto Region, CAMH will serve as the single, standardized entry point for referrals across approximately 85 publicly funded service providers. When the Hub launches later in 2026, anyone seeking care in the region will have a clearer, more direct path to the right support.



“The Toronto MHA Hub will break down barriers and transform access to MHA care across the lifespan, ensuring our community members receive the right care at the right time.”

Monica Bettazzoni, Senior Vice President, Clinical Care, CAMH



Shaping policy, changing outcomes

CAMH’s research and advocacy reach decision-makers at every level of government, generating evidence designed to be used. This year, that work touched some of the most consequential mental health policy conversations in Canada.

- The CAMH Monitor—Canada’s longest-running annual survey on public attitudes toward mental health and substance use—was released in January 2026, informing public debate on addiction, treatment and harm reduction with significant national media coverage.
- A companion study on alcohol-related harm, released in February 2026, added to the evidence base that shapes how Canada addresses one of its most normalized public health risks.
- Pre-budget submissions to federal and provincial governments advocated for sustained investment in mental health infrastructure, upstream prevention and equitable access to care, while a policy brief on involuntary treatment contributed to a national debate where evidence and clarity are urgently needed.



CAMH and LOFT partnership housing.

Housing as mental health

Stable housing is one of the most powerful determinants of mental health. Through a longstanding partnership with LOFT Community Services—one of Ontario’s largest providers of housing and mental health supports—CAMH brings care directly to people where they already live.

For youth experiencing early psychosis, CAMH and LOFT offer transitional housing paired with coordinated mental health care across three Toronto locations. Residents approaching one year in the program are moving forward: one is preparing to transition to market-rent housing, while another is reconnecting with their children through safe overnight visits.

Older adults living with mental illness in LOFT supportive housing receive cognitive training and brain stimulation programming delivered directly in their homes—designed to reduce cognitive impairment, ease isolation and help people stay at home longer. One resident described what it gave back to them: “It kept my mind active, it got me to do something instead of sitting there listening to the TV, it got me personally involved.”

CAMH Foundation Webinar Series

This year, CAMH Foundation hosted three free public webinars bringing CAMH’s clinical expertise directly to Canadians and to participants from around the world. We brought the experts to them on issues that matter most in people’s lives.

- **Back-to-School: Youth Mental Health**, with Drs. Ben Goldstein and Amit Rotem
- **Let’s Talk About Substance Use**, with Dr. Leslie Buckley
- **Aging with Mental Health in Mind**, with Dr. Eric Brown and Jordanne Holland

CAMH Foundation Webinars:



Faces of CAMH

Health redefined is CAMH's vision: a future where mental health is health, where housing, equity, education and belonging shape well-being, and where everyone can access the care they need. That future is built by the thousands of people who show up every day for patients, families and communities. These are the faces of CAMH.



Mukhtar Ali
Spiritual Care Provider

Mukhtar Ali provides emotional and spiritual support to patients navigating mental health challenges—helping them find meaning, hope and healing.



"My job is to make sure people feel seen, heard and valued, no matter their identity and what struggles they've faced. In moments of crisis, I hold space for patients to process their thoughts and feelings. Just listening helps me foster love and connection. Listening frees the room from assumptions and judgments."



Bart Campbell
Program Engagement Co-Facilitator
and Yale LETS Mentor, Collaborative
Learning College

Bart Campbell has been living with major depression, severe anxiety, regular panic attacks and hearing voices for 14 years. He also works at CAMH, supporting others through their own recovery.



"I eventually learned how to live well, feel well and function well despite my challenges with mental health. I have a personal Wellness Recovery Action Plan—this has enabled me to foster love, connection and a sense of freedom that I try to model for my team and those who I cross paths with."



Sasha Lacombe
Sunrise Challenge
Participant and Donor

Sasha grew up watching her father struggle with bipolar disorder and depression in an era when men were told to push through. She has spent years since making sure that's not the world her family inherits.



"I've always known how damaging it is when help doesn't exist or when people feel they can't ask for it. When my firm joined the Sunrise Challenge, I didn't expect it to have such a personal impact. I was transitioning and I hadn't really told people yet. When I eventually did, almost everyone said the same thing: We know. We saw your posts. The Sunrise Challenge broke down a barrier without a grand announcement. But access is still the problem—therapy is expensive and not everyone has the means. That's why I rise—for my dad and my son."



Lenord Quan
Baker, Nutritional
Services

Lenord Quan has worked in food his whole life. His grandfather was a cook. His mother worked in the food industry. At CAMH, he is the baker—and for years, he was the person who brought meals to patients on the floor.



“When I would go to the floor and serve the food to the clients, they would thank me every day. They had a smile on their face and that would make me feel fulfilled.” What drives him, he says, is simple: “Treat the clients as if they were a relative or my best friend.”



Michelle English
Social Worker,
COMPASS

Michelle English works at COMPASS—CAMH’s concurrent disorders program for people living with both mental health and substance use challenges. Her team runs rapid-access services: same-day assessments, care planning and referrals, often for people who have run out of other places to turn.



“Social workers are often the bridge between crisis and stability—ensuring clients don’t have to navigate complex systems alone. The most rewarding moments come when clients recognize their progress, find hope or feel truly heard. As a Black woman with lived experience, I’ve seen first hand how racial bias and systemic barriers make it difficult to access the right support. My goal is to inspire, represent and create lasting change in the field.”



Dr. Dallas Seitz
Chief, Division of
Geriatric Psychiatry

Dr. Dallas Seitz leads CAMH’s Division of Geriatric Psychiatry, drawn to the field by what he calls the storytelling aspect of mental health work—and the rich histories older adults carry.



“I once helped assess an older person a community hospital had been struggling to understand for months. With our outreach team, we sorted through the complexity—dementia, delirium and behavioural changes—and supported a transition to a retirement home. The biggest impact was on the family. The patient’s daughter described it as us ‘shining a light through the darkness’—and went on to become a lived experience advisor for other families. I think we sometimes underestimate how impactful our work is on others. This one has always stuck with me.”

By The Numbers

A by-the-numbers look at CAMH’s impact and how we drive change in mental health care, research, education and beyond.



Care

39,637

Unique patients

36,144

Unique outpatients

3,926

Unique inpatients

16,929

Emergency
Department visits

5,064

rTMS appointments
(non-invasive brain stimulation
treatment for hard-to-treat mental
illnesses like depression)

321

Virtual urgent care appointments
(Bridging Service Virtual Emergency
Department Assessment)



Research

683

research staff

\$130M

in total research
expenditures

#11

Rank amongst the top 40 research hospitals
in Canada (based on total research spending)

1,287

peer-reviewed
articles published

57%

of peer-reviewed publications
comprising an international collaboration

199

CAMH-sponsored
active clinical trials

Research numbers are from the 2025 calendar year.



Education

57,478

Continuing Professional Development (CPD) learners*

7,385

Simulation-based learners*

1,970

Student rotations

1,425

Patients and family members attended **42** webinars

1,178

Attendees participated in **105** Collaborative Learning College courses

859

Indigenous health-care professionals, educators, Elders and Knowledge keeper learners in CPD*

**Learners/attendees are not unique and may be counted more than once based on their attendance in different CPD activities.*



People

4,475

Staff

401

Physicians

600

Volunteers

298

Corporate volunteers



Supporters

38,685

Monthly donors

59,390

Total donors

22

Legacy donors

37,607

Sunrise Challenge participants

1,739

CAMH Foundation event attendees

90

Community fundraiser events

Community & Events



Best Practice Spotlight Organization Interprofessional Collaboration Day



Honouring culture and community at the CAMH Pow Wow, hosted by Shkaabe Makwa



Untucked Golf Tournament having fun and raising funds



Suits Me Fine Fashion Show brings style with purpose



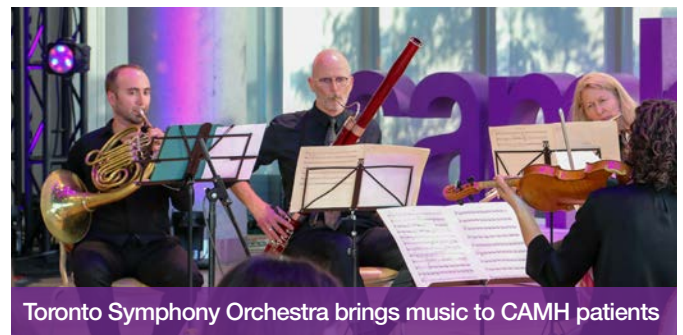
The annual CAMH Engage Gala supports CAMH's highest priorities in research, care and education



Marking Pride Month with the flag raising at CAMH



Shkaabe Makwa commemorates five years of impact



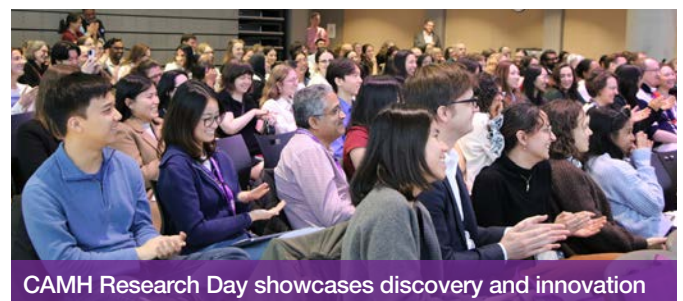
Toronto Symphony Orchestra brings music to CAMH patients



Sunrise Challenge™ community rises together



CAMH celebrates Black History Month



CAMH Research Day showcases discovery and innovation

Community & Events



BMO employees visit CAMH for Corporate Volunteer Day



Kick the Stigma, a student-led fundraiser in support of CAMH



International Women's Day with the CAMH womenmind™ community



Anya and Reya Mundi of the Positive Goodness Foundation, a community partner organization that raises funds for CAMH

Remembering Michael Koerner

Michael Koerner 1928–2026

Michael Koerner believed in the potential of the next generation. Through the Koerner New Scientist Program at CAMH, The Michael and Sonja Koerner Charitable Foundation invested in some of the most promising early-career researchers in mental health—giving them the runway to take risks, ask hard questions and pursue discoveries that will shape the field for decades to come.

The Koerner family's dedication to CAMH reached beyond people to the places and tools that make great science possible: from the Koerner Centre for Research Training, a national hub for developing future leaders in mental health, to their support of the Temerty Discovery Centre, where the next breakthroughs in mental health will take shape. Most recently, Michael and family were among the first to champion CAMH's North Star Initiative, a bold effort to recruit the world's leading mental health researchers to Canada.

Michael's legacy at CAMH is measured in careers launched, discoveries made and lives transformed. His spirit of giving is carried forward by the next generation of the Koerner family. We are profoundly grateful for his visionary philanthropy and his enduring belief that mental health is health.



“Michael and the Koerner family helped launch my career—and they have done the same for so many researchers at CAMH over the years. I will be forever grateful to Michael for his belief that investing in people early is how you accelerate breakthroughs, improve treatments and change lives. His legacy lives on in every discovery made by a scientist who got their start because of him.”

Dr. Aristotle Voineskos, Inaugural Koerner New Scientist (2011) and Senior Vice President, Research and Science, CAMH



Michael and Sonja Koerner visit with the Kimel Family Translational Imaging Genetics Lab in 2014.

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Financial Snapshot

CAMH Hospital Financial Snapshot

Statement of operations for the year ended March 31, 2026
(expressed in thousands of dollars)

Revenue	2026	2025
Ministry of Health and federal government	584,244	558,755
Research and other grants	78,549	85,135
Ancillary and other	56,574	49,987
Patient revenue	4,931	3,092
Amortization of deferred capital contributions	28,390	31,617
Investment income	8,913	12,063
Total Revenue	761,601	740,649

Expenses	2026	2025
Compensation	484,652	443,030
Supplies and other	199,904	201,056
Amortization of capital assets	36,345	38,851
Drugs and medical supplies	11,166	10,789
Rent	4,647	3,307
Interest	12,450	12,754
Total Expenses	749,164	709,787
Excess of revenue over expenses for the year	12,437	30,862

CAMH Foundation Financial Snapshot

Statement of revenue and expenses for the year ended March 31, 2026

Revenue	2026	2025
Donations	63,859,131	81,558,506
Special events	3,491,438	2,168,530
Investment income	24,390,143	32,196,241
Total Revenue	91,740,712	115,923,277

Expenses	2026	2025
Fundraising and administration	25,892,116	22,317,847
Special events	1,340,190	1,016,736
Total Expenses	27,232,306	23,334,583
Excess of revenue over expenses before grants for the year	64,508,406	92,588,694

2025–2026 Grants By Type

\$33,890

Education

\$1,795,147

Programs

\$13,920,812

Research

\$98,250,000

Capital and
Redevelopment

\$113,999,850

Total Grants

Donors

Thank you to our donors

The mental health movement has never been more important. Thank you to the many people who have shared their time, effort, passion and commitment with CAMH.

Because of supporters like you, we are creating a world where mental health is health—one where no one is left behind. Your support helps to ensure that everyone, no matter who they are or where they come from, has access to the care they need.

CAMH is also deeply grateful to have received many anonymous gifts from the United Way, and gifts provided through Friends of CAMH in the United States. To all these generous donors: thank you for standing with us and the people we serve. Together, we are building a future of better mental health care for everyone.

Visionary Donors

April 1, 1998 – March 31, 2026

Visionary Society members have committed to \$1 million or more to lead change for mental health. Using the power of their philanthropy and leadership, they redefine the limits of what is possible in research and care to help people recover more quickly and more fully.

\$100,000,000+

Waverley House Foundation

\$50,000,000+

Orlando Corporation

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\$25,000,000+

The Campbell Family

Krembil Foundation

\$10,000,000+

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\$1,000,000+

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April 1, 1998 – March 31, 2026

We are proud to recognize donors who generously made cumulative contributions of \$25,000 or more to CAMH from April 1, 1998 - March 31, 2026.

\$500,000+

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Legacy Donors

April 1, 1998 – March 31, 2026

We are honoured to recognize the following individuals who have committed to continued support of CAMH through their estate. Their legacy will help change the future of mental health care. We are grateful for their generosity.

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Carol Smith in memory of Mike Edwards
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Sally Warburton

Workplace and Community Giving

CAMH is fortunate to have strong community and workplace partnerships that rally behind CAMH. These groups raise funds on behalf of CAMH while raising awareness of mental health and helping to reduce stigma. A special thank you to all hosts and organizers in 2025–2026.

18 Waits
21 In 21 For Mental Health
60 Day Challenge For Mental Health
A Good Show hosted by Deborah Belcourt
Alpha Omega Dental Fraternity Toronto Chapter
Amateur Comedy Night for CAMH
Andrews Co.
Andy Kim Christmas Show
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DCM Social Club
Dear Grain
DIALOG Golf & Wellness Day
DIALOG Holiday Party
Dry Feb
eat. drink. marry.
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KPMG Wellness Week
Lift To Lower Stigma
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Over the Edge Celebrity Weekend - Bayleigh Pelham
Papa Roach: Rise of the Roach Tour
Parentless Club
Peninsula Lakes 9-Hole Charity Golf Tournament
Positive Goodness Foundation
Power Yoga Canada
Property.ca & Condos.ca Golf Tournament
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Strive Run Club
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 TD Ice Bucket Challenge For Mental Health
 TD Retirees Peterborough and Area
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 The Dirty River Co.
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 trove
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 Valentine's Day Flower Sale
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 Walk for Rena
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womenmind™

We are proud to honour the members of *womenmind™*, a dedicated community of philanthropists and thought leaders working to close the gender gap in mental health. This year marked a significant milestone as we celebrated the fifth anniversary of *womenmind* and recognized the remarkable impact of its fundraising achievements and awareness-building efforts.

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Sunrise Challenge

We are deeply grateful to the thousands of individuals, companies and communities who rallied around CAMH's Sunrise Challenge in 2025. The Sunrise Challenge inspires participants to greet the day while raising vital funds for groundbreaking mental health research, including suicide prevention initiatives.

We are proud to recognize the sponsors and the top 10 community and corporate teams from the 2025 Sunrise Challenge. To all those who supported the 2026 Sunrise Challenge, thank you. We look forward to celebrating your generosity in next year's report.

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Top 10 Community Teams

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Cyber Risers
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North Movement Rising
NRG to Rise for Brett
Protectors of Wellness
Radiant Rise 'n Shine Team
Serotonin Squad
Sunny Bunnies
Team Island Time

Top 10 Corporate Teams

Annex Morning Glories
EPMO Early Risers
Fun-Raisers
Here Comes the Sun
PCL CAMH Forensic
SunRaisers
Team CIBC
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We are proud to recognize our dedicated volunteers whose expertise and commitment are vital to achieving our goals for CAMH.

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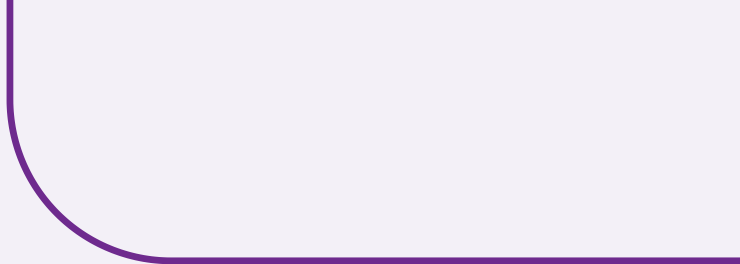
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