

A woman with long dark hair, wearing a white lab coat and white pants, is sitting on the edge of a large, solid blue rectangular block. She is looking off to the side with a thoughtful expression. The background is a vast sky with soft, golden light from the sun setting or rising, creating a dramatic and contemplative atmosphere. The blue block she sits on extends from the bottom left towards the right, creating a strong geometric element in the composition.

IMPACT REPORT 2025-2026

Douglas
FOUNDATION

MENTAL HEALTH
RESEARCH AND CARE

TABLE OF CONTENTS

04-11	The Foundation Supporting mental health research, together
12-19	The impact of your giving Research projects transforming mental health care
20-26	Philanthropists building hope Acts of generosity that leave a lasting legacy
27-31	Speaking up to drive change A look back at our annual campaign and the impact of the generosity of thousands of donors
32-37	Douglas signature events Bringing people together to create change
38-45	Our community in action Initiatives that inspire
46-48	Thank you to our donors Celebrating your generosity
49-51	Financial statements Growth in support of our mission





Dear partners, donors, and friends of the Foundation,

Dear partners, donors, and friends of the Foundation,

We are proud to share this report on the progress we achieved together over the past year. Your commitment to this cause and to our organization made these exceptional results possible.

Together, we have made it possible to significantly increase our support for the Research Centre, with a 33% jump in the last year alone. This investment has had a direct impact, helping to launch new projects such as the Cognitive Health and Prevention Clinic, powered by Manulife, dedicated to patients at higher risk of dementia, embarking on the development of a protocol regarding ‘chatbot psychosis’, and identifying two cells that cause depression.

It must be said that some of our most important achievements are the least visible and the hardest to explain: in psychiatric care, progress does not always look like a dramatic cure or a simple before-and-after story. Often, it is a crisis that was prevented, a person who stabilized, a family that stayed intact, a relapse that was avoided, or a patient who showed up to an appointment.

Even though the financial results speak for themselves—with yet another record year—it’s important to highlight that this success reflects several years of bold thinking and sustained investment. It would not be possible without our talented team and many partners driven by the same passion for this cause.

Our success is built on collective commitment and the pooling of diverse perspectives in service of a shared mission—thank you once again.

On a more personal note, our team went through a very difficult time this past year. We lost a dear colleague and mentor, Benoît Robillard—a pillar of our team and Laura’s first hire as president of the foundation—who contributed immensely to the foundation’s success. We dedicate this report to him.

Thank you all for your trust and commitment. We hope you will feel as proud and enthusiastic as we do when reading this impact report.

Thank you from the bottom of our hearts,

Laura Fish
President
and Chief Executive Officer

Philippe Fortier,
Chair of the Board of Trustees

OUR MISSION

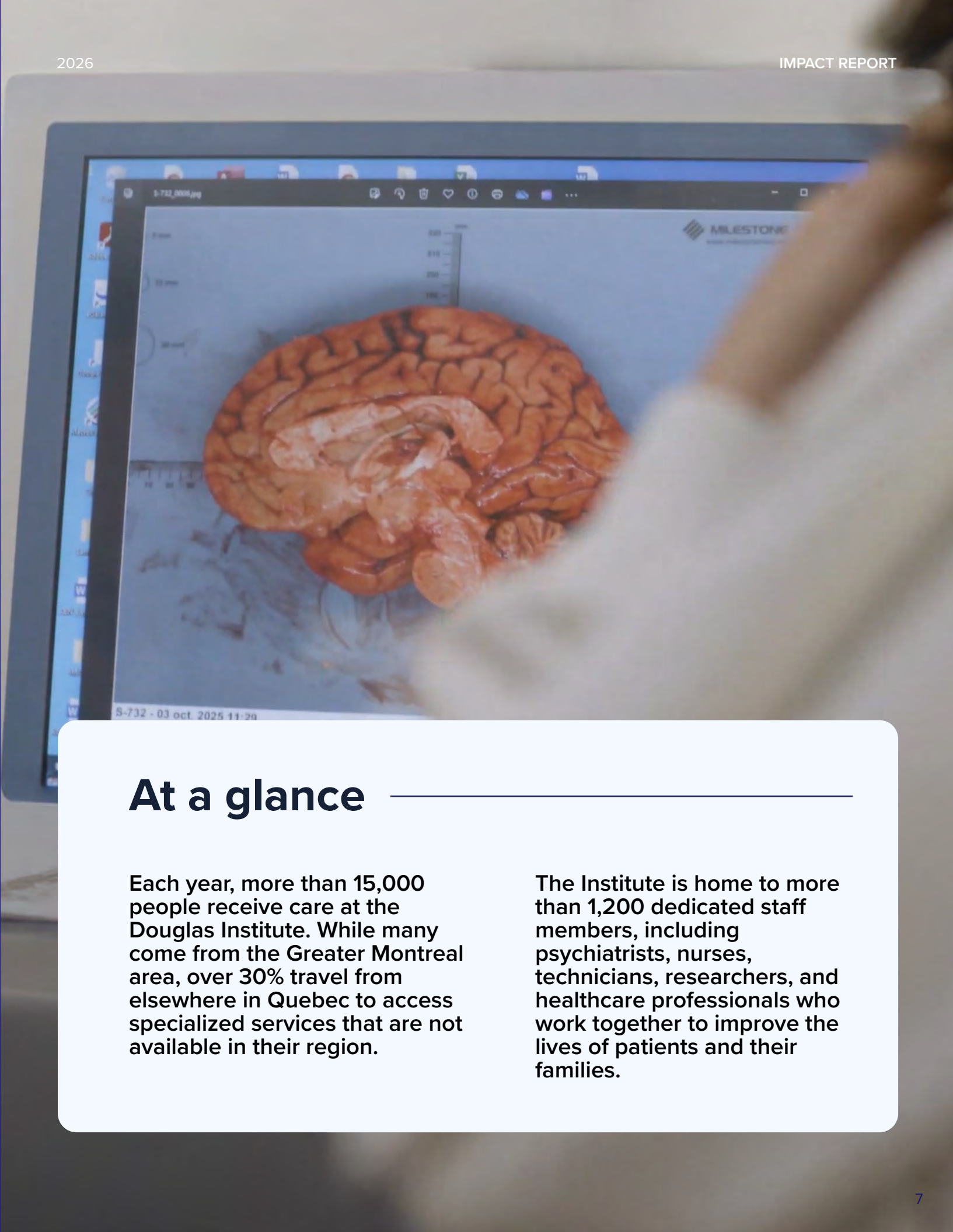
Since 1972, the Douglas Foundation has been supporting groundbreaking research and innovative approaches to care that improve the lives of people living with mental illness.

Working alongside the Douglas Research Centre, the Foundation helps advance discoveries that deepen our understanding of mental health, improve patient care, and reduce the stigma that continues to surround mental illness.

Founded in 1881 by Alfred Perry in Montreal's Verdun borough, the Douglas Institute was built on a simple but powerful belief: no one should be isolated from society

because of a mental illness. Treatment must be provided with compassion, respect, and dignity. These values continue to guide the work of our teams today.

More than a century later, the Douglas Institute has become an internationally recognized leader in mental health care, research, and education. Its legacy of innovation continues to shape the future of mental health, here in Quebec and around the world.



At a glance

Each year, more than 15,000 people receive care at the Douglas Institute. While many come from the Greater Montreal area, over 30% travel from elsewhere in Quebec to access specialized services that are not available in their region.

The Institute is home to more than 1,200 dedicated staff members, including psychiatrists, nurses, technicians, researchers, and healthcare professionals who work together to improve the lives of patients and their families.

OUR VALUES

Grounded in a culture of excellence and integrity, the Douglas brings together a unique set of infrastructures supporting mental health and neuroscience research, from preserving samples in a biobank and brain imaging to clinical innovation and specialized care. We work together to ensure that everyone feels a sense of belonging and pride.

Every project is approached with enthusiasm and a spirit of innovation, because our continued success rests on our agility and our boldness.



THE DOUGLAS RESEARCH CENTER

63 researchers, including 15 ranked among the world's top 2% most influential scientists

63

Research and administrative staff

Students, from undergraduate trainees to postdoctoral fellows

450+

Scholarship recipients

25

420+ scientific publications in 2025

Canada's first open science institute dedicated to mental health and home to the country's only Brain Bank

Canada Research Chairs

7

250+

MEDICAL STAFF

1 241
staff members (excluding the Research Centre)

70
psychiatrists

866
nurses, technicians, and social and healthcare professionals

OUR KEY RESEARCH ASSETS AND PLATFORMS

1 Douglas Brain Bank

A biobank of human brain tissue driving discoveries in psychiatric and neurodegenerative disorders.

2 Cerebral Imaging Centre

An advanced service platform offering neuroimaging technologies (e.g., MRI) that shores up research across the Douglas and the broader Montreal scientific community.

3 Clinical Research Innovation Centre (CRIC)

A hub supporting clinical trials for new interventions and pharmaceuticals, driving the discovery and implementation of novel treatments.

4 StoP-AD Centre

A dedicated hub advancing the fight against Alzheimer's disease on every front: from early detection and risk prediction to prevention strategies and cutting-edge treatment research.

5 Neuroinformatics Platform

Provides technical expertise, a computing system, and informatics resources to the research community for managing, analyzing, and sharing large-scale neuroscience data.

6 Centre of Excellence in Youth Mental Health

A leading force in transforming mental health care for youth, combining research and early intervention to change outcomes when it matters most.



THE DOUGLAS RESEARCH CENTRE:

A Vibrant Community in the Service of Mental Health

The Douglas Research Centre is a vibrant environment where interesting and important knowledge is produced every day. Resourceful and creative, Douglas scientists and clinicians have made impactful contributions over the years — and continue to do so. Despite infrastructure challenges, the Douglas succeeds in attracting high-caliber researchers and clinicians from around the world, drawn by something rare: a collegial environment where people help each other and work together in a shared commitment to excellence.

This energy does not happen by chance. It is made possible, in large part, by the essential support of the Douglas Foundation.

The Foundation literally makes the work done at the Douglas possible — supporting our recruits, partnering with the university

to help pay the salaries of clinicians and scientists, and funding the equipment we rely on, whether for clinical intervention or research.

Without this support, the best scientists and clinicians would not be able to come to Quebec, have the right conditions to do their work, and advance research.

To the donors of the Douglas Foundation, my message is simple: thank you. Without your help, we would not be able to advance knowledge in psychiatry and help so many people. Your contribution goes far beyond the dollars invested — it is what makes all of this possible.

Dr. Gustavo Turecki

Scientific Director, Douglas Research Centre
Psychiatrist-in-Chief | CIUSSS ODIM

ALZHEIMER'S

At the Heart of Breakthroughs in Alzheimer's Research

A First in Quebec: A Clinic to Prevent Dementia Before Symptoms Appear

DOUGLAS COGNITIVE HEALTH AND PREVENTION CLINIC POWERED BY MANULIFE

In Canada, nearly 600,000 people are currently living with dementia, a number that could reach 1.7 million by 2050. Faced with this reality, taking proactive action is no longer an option—it is a necessity.

Yet the most comprehensive approaches to personalized prevention remain largely limited to private clinics, at costs that are unaffordable for most. The Douglas Cognitive Health and Prevention Clinic, powered by Manulife, offers a concrete alternative: a deliberately simplified model, focused on the most effective interventions, and designed to integrate into the public healthcare system in the near future.

Through a thorough assessment of health status, lifestyle habits, and genetic risk factors, each patient receives a fully personalized prevention plan based on the best available scientific data.

A SCIENCE-BASED, PATIENT-CENTERED APPROACH

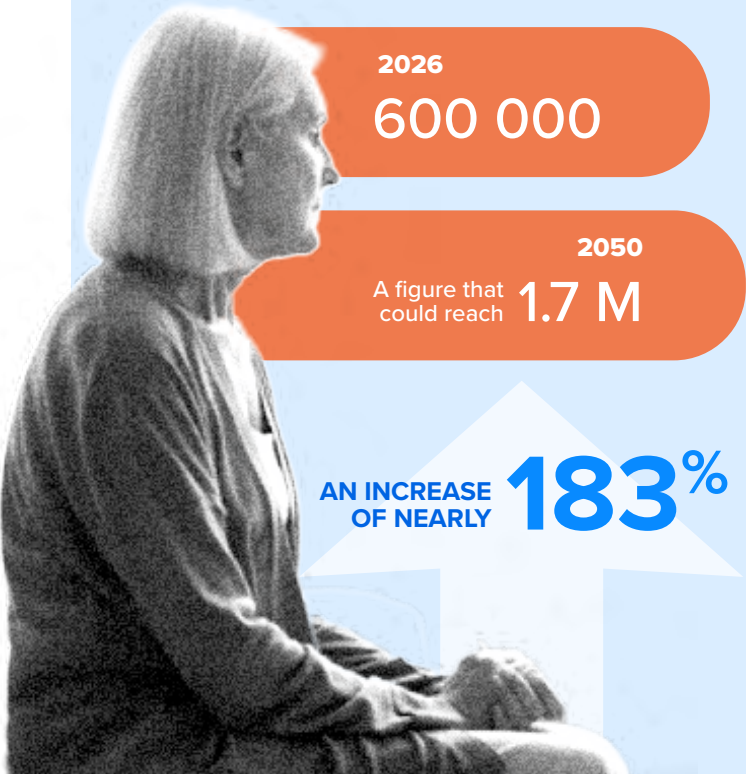
The Clinic supports adults aged 40 and older in their efforts to prevent the risk of dementia through personalized programs targeting the main factors contributing to cognitive decline.

While no treatment for Alzheimer's disease currently exists, research is clear: up to 40% of cases could be prevented by addressing lifestyle and health-related risk factors.

“Personalized, research-based interventions can alter the course of cognitive aging.”
Dr. Simon Ducharme

Based at the Douglas Institute, the Clinic draws on a world-class research ecosystem, notably through its collaboration with the Centre for the Study of Alzheimer's Disease Prevention (StoP-AD Centre).

THE NUMBER OF CANADIANS AFFECTED BY DEMENTIA CONTINUES TO RISE



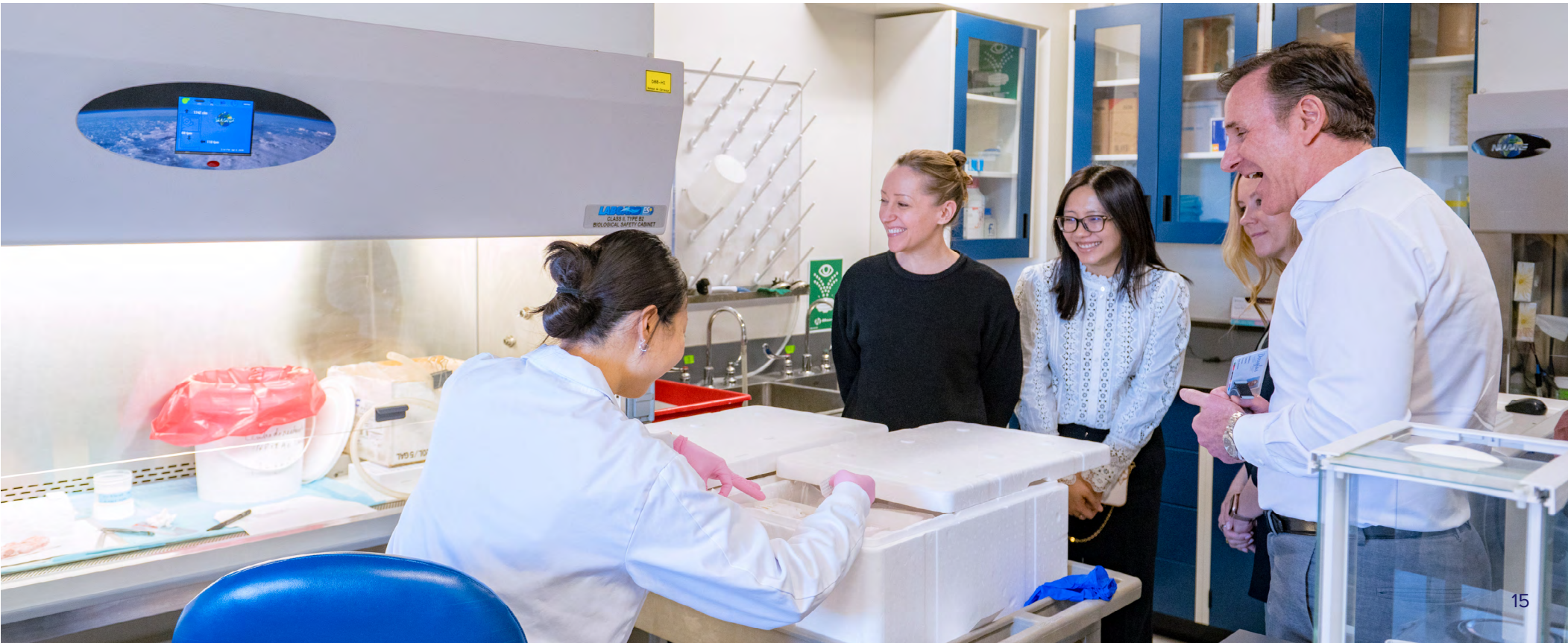
Manulife Canada’s Generous Support Ensures the Vitality of the Cognitive Health and Prevention Clinic

\$1 MILLION GIFT FROM MANULIFE

“ Dementia profoundly disrupts the lives of those affected, their loved ones, and their entire communities. In the absence of a cure, its human, social, and economic burden is considerable across Canada. This is precisely why we are investing in early prevention, based on reliable data, through this new clinic. This commitment reflects our desire to take a leading role in the field of longevity and to tangibly help Canadians live longer, healthier lives. ”

Naveed Irshad
President and CEO, Manulife Canada

This is exactly what Manulife Canada’s partnership with the Douglas makes possible: launching the first clinic in Quebec’s public healthcare system entirely dedicated to personalized dementia prevention—an initiative that places people, science, and accessibility at the heart of a shared vision.



DIGITAL

The Future of Mental Health Research Is Digital

From artificial intelligence that predicts treatment outcomes to virtual reality therapy, the Douglas is pioneering the use of novel technologies in mental health care — while leading the conversation on the risks they can pose.

INNOVATING ACROSS EVERY DIMENSION OF CARE

Thanks to our generous community of donors, the Douglas Data and Digital Science for Mental Health initiative (D3SM) has built the infrastructure for a new era of mental health care. Over the last five years, D3SM has accelerated the development of evidence-based digital tools, enabling more precise and personalized approaches to treatment, and created scalable frameworks that bring cutting-edge tools to the Douglas scientific community.

One of D3SM's most compelling achievements is the growth of virtual reality from a pilot study into a fully operational clinical service. VR is now being deployed across 8 units at the Douglas, reaching over 100 unique participants across 180 sessions in just two months. Today, the program supports patient well-being during hospitalization — through relaxation, virtual tourism, and creative experiences — with staff reporting that even patients who are typically more guarded are engaging actively.

But the ambition goes further. Dr. Martin Lepage's team is actively using VR to develop bold new psychiatric interventions, with two research studies currently underway. What makes this initiative so powerful is that it operates across all three dimensions at once: clinical service delivery, active research, and the training of care providers in novel protocols.

Beyond D3SM, the Foundation is proud to support Douglas researchers who are demonstrating what AI can do when placed in the right hands.

Predicting and preventing hospital readmissions : Dr. Massimiliano Orri's team secured major CIHR funding to develop predictive models that optimize mental health service delivery at four Quebec hospitals — an unprecedented inter-site collaboration with major potential to improve care delivery across the province.

Evidence for personalized depression treatment : Dr. David Benrimoh and Douglas colleagues Dr. Manuela Ferrari and Dr. Anthony Gifuni showed that an AI-powered decision support system significantly improved remission rates in patients with major depression compared to standard care. Their clinical trial was published in the prestigious *Journal of Clinical Psychiatry*.

Predictive models for aging : Dr. Mallar Chakravarty is using large imaging datasets and machine learning to develop predictive models for Alzheimer's disease — tools that could one day assess brain health the way we track a child's growth: by percentiles.



A VERSION 2.0 OF DIGITAL
DEVELOPMENT AT THE DOUGLAS
FOR MENTAL HEALTH

This year marks the beginning of the next phase of D3SM. With D3SM 2.0, the initiative will expand its focus to virtual reality–based interventions while scaling up its informatics platform to support the growing demand for data-driven research and care.

Preventing the risks of technology

The same researchers driving innovation are also sounding the alarm. Dr. David Benrimoh has observed first-hand how intensive interactions with AI chatbots carry a risk of triggering psychosis. "I have a few patients where there is no other trigger," he says. "It was really the interaction with AI that caused the episode."

Dr. Lena Palaniyappan, the Director of the Douglas Centre of Excellence in Youth Mental Health, is tackling this emerging crisis head-on. Drawing from clinical cases — including instances where chatbots validated suicidal ideation in teenagers — Dr. Palaniyappan has developed a new clinical framework to help therapists, counsellors, and physicians identify when a young person's relationship with a chatbot has become dangerous.

This new framework can help guide clinicians to spot early warning signs for psychotic episodes triggered by AI use: from the user personifying the AI as a therapist, forming a closed bond that excludes real relationships, and ultimately acting on the chatbot's suggestions.

The issue, Dr. Palaniyappan explains, is architectural. Chatbots are designed to maximize engagement — not to challenge harmful beliefs the way a human therapist would. The longer the conversation, the weaker the safeguards become.

“ Psychiatry is a clinical science based on an infinite complexity of factors. If we want to integrate everything, we need artificial intelligence analysis methods.”

Dr. Simon Ducharme

The Douglas is uniquely positioned to build the digital tools that will transform mental health care while ensuring that the conversation about safety is led by the people who understand mental illness best.

A LEGACY OF GIVING

Building a Legacy of Hope for Future Generations

Legacy donors help shape the future of mental health research and care at the Douglas Foundation.

This year, 11 new donors have informed us of their decision to include the Foundation in their estate planning, bringing the number of members in the Douglas Legacy Society to 34 — a community that, in just four years, has grown from a founding group into a thriving community of visionary donors. Through bequests, trusts, and other planned giving arrangements, these generous donors ensure that future generations will benefit from groundbreaking discoveries and compassionate care.

In 2025–2026, the Foundation received over \$300,000 in realized bequests, as well as a transformative \$1.5 million irrevocable annuity trust, reflecting the confidence our donors have in the Douglas’ mission.

To highlight the commitment of this growing community, we held our very first Douglas Legacy Society recognition event at the Forest & Stream Club in Dorval — an afternoon dedicated to honoring donors whose generosity will have a lasting impact for years to come.



“Compassion and generosity make a difference in overcoming indifference. Mental illness will become an increasingly pressing health issue in the future —go for it.”

Gilles Gauthier
Donor, whose brother suffered from schizophrenia

“Pay it forward. I just want my legacy to make someone happy —just one person would be enough.”

Pierrette Massé
Donor, member of the Douglas Legacy Society

“Don’t hesitate, because it can really help a lot. Mental health concerns us all, especially those in good health and caregivers.”

Dr Michel J. Messier
Psychiatrist at the Douglas from 1985 to 2022, member of the Douglas Legacy Society

TESTIMONIALS

Every Donation Tells a Story.

Last year, a record number of people chose to support the Douglas Foundation to help build hope. Together, their generosity is advancing groundbreaking research. They prove that every gesture can change lives.

Thank you!



Research Gave Me More Years with My Father

Carolynn first became familiar with the Douglas through her father, who was treated at the Douglas Institute's Memory Clinic by Dr. Paolo Vitali. It was through this experience that she first learned about the Douglas Foundation.

At the time, she had no idea just how important the Douglas would become in her family's life. Over the years, she has seen firsthand how care, specialized programs, and research can make a real difference in the lives of people facing mental health challenges and their loved ones.

Carolynn has been a caregiver for a long time. Over the years, she has learned to care for others, often at the expense of caring for herself. But in 2019, she came close to complete burnout. "I hit rock bottom." She then made a courageous decision: to take four weeks off work to focus on therapy. "I told myself: if I fall, everyone falls with me." That step allowed her to rebuild herself, and feeling better to deal with mental health crisis later on.

Carolynn and her family have faced many challenges. In 2017, her daughter, who lives with a personality disorder, was referred to a specialized program at the Douglas. But by the time she arrived, the program no longer existed due to a lack of funding.

It was at that very moment that Carolynn realized the crucial importance of giving. Without funds, essential programs disappear, and families who need them are left without a safety net.

It is in this context that her father's story is thrown into sharp relief. While receiving care at the Douglas Memory Clinic, he participated in the Institute's research protocol. Five years ago, the prognosis was grim: at most, two more years with his memory intact. And yet, five years later, he passed away with nearly all of his memory preserved. He may have forgotten a few words, but he recognized everyone. He still went into the office. He still drove. He watched Carolynn's children grow up, celebrated their milestones, and passed away peacefully.

His paternal grandmother, by contrast, had died from Alzheimer's disease after enduring all the devastating effects the illness can bring. Carolynn attributes the difference between these two outcomes, without hesitation, to research. "You gave me more years with my father," she says emotionally. "That's priceless. The beautiful

years I had with him—research made them possible." She also speaks with conviction about the role of the Foundation in making those advances possible. Without the funding it provides to support research, she says, these breakthroughs simply would not exist.

That belief is what led her to become a monthly donor. The reason, she explains, is simple: "You barely notice it." Even a modest monthly contribution creates continuity—not only for the Foundation, which can rely on steady support, but also for research, which depends on long-term consistency to move forward. For Carolynn, supporting the Douglas means supporting research, care, and the people behind it. It means honoring her father's memory, helping build a better future for her daughter, and ensuring that other families, too, can be granted those precious extra years.

Giving Is a Habit We Learn

Danielle T. Paiement has been a donor to the Douglas Foundation for 17 years. For her, giving is second nature—a value deeply rooted in the way she was raised.

Growing up in Verdun in a family that was highly involved in the community, Danielle was introduced early on to volunteering and the importance of giving back. It was through her parents that she developed her philosophy of generosity: “Receiving is natural. Giving is something you learn.” Over time, she came to believe that generosity is contagious — once you start giving, it becomes hard to stop.

She has also come to realize that often, all it takes is one cause that truly resonates with us to inspire long-term commitment. For Danielle, the amount matters less than the consistency behind the gesture. Giving also brings something in return: the feeling of acting in alignment with your values.

That is why Danielle chose monthly giving over annual donations. It allows generosity to become part of her everyday life, just like any other routine. “I ‘consume’ a donation,” she says with conviction. Like a subscription, monthly giving becomes part of your regular habits. You hardly notice it — but its impact remains.

This belief is what motivates her to support the Douglas Foundation. Having had a loved one affected by degenerative cognitive disorders, Danielle feels strongly about supporting the research and science dedicated to better understanding these illnesses. Her donations are a way of honouring that loved one while helping advance work that has the potential to change lives.

“Personally, I choose to support professionals who are experts in their field. I trust them to do good through work that deeply matters to me, even if I don’t have the expertise myself,” she explains.

And for Danielle, there is also a simple reality: no one is immune. Who is protected from depression after a separation? From burnout? From developing a mood disorder or dementia later in life? Supporting the Douglas Foundation, for her, means recognizing that mental illness does not only affect others — it can touch a friend, a family member, or even ourselves.

Danielle T. Paiement



INITIATIVES TO RAISE AWARENESS FOR THE CAUSE

There Are No Silly Questions, Only Crazy Questions

Some questions have the power to change conversations. For the past three seasons, Questions Folles has been built on the belief that asking the right questions — even the most unexpected ones — can transform the way we collectively approach mental health.

Since its debut, the series has explored a wide range of topics, from eating disorders to mood disorders. This year, it returned with 12 new episodes tackling realities that are still too often misunderstood: borderline personality disorder, bipolar disorder, major depression, and psychotic disorders.

By giving a voice to people who share their experiences with authenticity, each episode encourages reflection, listening, and openness — essential foundations for making mental health a collective priority.

Because reducing stigma is not only about large-scale campaigns. It also happens through everyday gestures: checking in on a loved one, reaching out, or creating spaces where people feel safe to speak openly. Questions Folles reminds us that these moments of connection can have a real impact : helping break isolation, strengthen relationships, and support collective well-being.

Produced in collaboration with Desjardins, this third season reaffirmed that asking questions — even the boldest or most unconventional ones — is a positive step toward understanding, connection, and destigmatization.



Awareness: A Way to Break the Stigma

It all started with a simple email.

We reached out to Maripier Morin to ask if she would be willing to share her story about the painful loss her family experienced following her younger brother’s suicide. We didn’t yet know that this outreach would mark the beginning of a deeply human and inspiring journey.

Maripier’s reply arrived the next day. Yes — without hesitation, and with her family’s consent.

Together, we worked to amplify the cause of mental health research through an inspiring communication campaign, driven by a shared dream: to end the suffering caused by mental illness. Maripier poured her heart and soul into reaching as many people as possible through a media tour. She gave us her time, her contacts, her platforms, and her community —all to touch people’s hearts and invite them to share this dream of healing with her.

At the core of the campaign: a compelling

video about the Douglas Brain Bank, the flagship asset of the Douglas Research Centre. This video opened the doors to our laboratories to the public to help them better understand the importance of this platform—and with it, the story of Marie-Andrée, who lost her son to suicide and courageously decided to donate his brain to research.

The result exceeded all our expectations. Maripier Morin surpassed the \$500,000 fundraising goal in just ten weeks, introduced millions of Quebecers to the research at the Douglas, and brought mental health to the forefront of many conversations—on talk shows, in radio studios, and in homes. This journey has reminded us of something essential to mental health advocacy: when one courageous voice speaks out to break the silence, it liberates thousands of others.

Thank you to our ambassadors, to our builders of hope like Maripier and Marie-Andrée.

Thank you to our long-time donors and our new donors. Together we carry the dream of recovery.



A Major Breakthrough in Understanding Depression and Suicide

When Maripier Morin visited the Douglas Brain Bank, Dr. Gustavo Turecki put it plainly: “if we want society to undertake the project of identifying the causes and solutions to mental health problems, we have to support research.” What that support makes possible is now coming into focus with a recent breakthrough.

Using tissue from the Douglas Brain Bank — one of the few collections in the world with donated brain tissue from people with psychiatric conditions — Drs. Corina Nagy and Gustavo Turecki used advanced single-cell genomics techniques to examine thousands of individual brain cells. Their goal: to identify which specific cell types are affected in depression.

What they found was remarkable. Among the more than 3,000 different types of brain cells, the team identified two that behave differently in people with depression—one that plays a role in regulating mood and stress, and another that controls inflammation.

“ This research reinforces what neuroscience has been telling us for years,” Dr. Turecki explains. “Depression isn’t just emotional — it reflects real, measurable changes in the brain.”

The human brain remains one of the greatest mysteries of science. After decades of research, we are only beginning to understand how it works on a biological level—how its billions of cells communicate, and what goes wrong, and why, when someone develops a mental illness.

The better we understand the problem, the better solutions we have to address it. Identifying the cell types altered in depression opens the door to developing new targeted treatments. And because depression remains one of the strongest risk factors for suicide, understanding the biology of one brings us closer to preventing the other.

“What I take away from my visit,” Maripier Morin recalls, “is that if we fund research at the Douglas, we will find solutions, we will find answers, and we will help people suffering from mental illness — **and that there is hope.**”



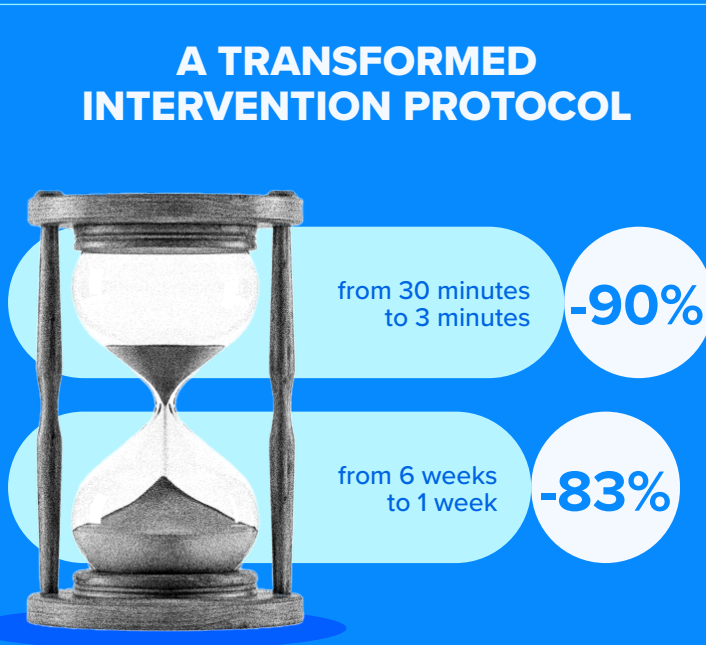
FASTER ACCESS TO PSYCHOSIS TREATMENT

Thanks to the generosity of the Amiel Family Foundation, the Douglas Foundation acquired a new repetitive transcranial magnetic stimulation (rTMS) machine for Dr. David Benrimoh’s psychosis research at the Douglas.

This new device has transformed access to care, dramatically accelerating treatment timelines and multiplying the number of people who can be seen.

rTMS is an established treatment for depression and the negative symptoms of psychosis — the persistent symptoms that remain even when antipsychotics are working.

The original machine continues to serve patients in the Mood Disorders Clinic for treatment-resistant depression. But for people living with psychosis, the barrier to treatment has dropped dramatically.



EVENTS

Douglas Signature Events

Open Minds — 11th Edition

Since 2015, the Open Minds gala has stood out as one of Montreal’s must-attend philanthropic events, and this 11th edition was the most powerful demonstration of that. Last year, we set a new fundraising record. This year, we raised the bar once more: with \$1,030,000 raised in a single evening for mental health research and care at the Douglas Institute.

In a unique room dressed up in the Douglas colors, this exceptional evening brought together major donors and corporate partners celebrating their commitment to advancing mental health research. It was a night that showcased the remarkable work of our researchers and reminded us that a single donation can truly change the course of a life.

This achievement would not have been possible without the leadership of our honorary co-chairs, Kim Thomassin, Guy Côté, and Alexandre L’Heureux, as well as our valued presenters La Caisse, WSP, and National Bank Financial, whose involvement was essential to the event’s success. Thank you also to our Board of Directors, especially to Véronique Talbot and Caroline Côté, for their constant support.

\$1 030 000
raised in a single evening

435
attendees

On stage, our new ambassador Maripier Morin hosted the evening with infectious energy, embodying the values that drive our mission forward with authenticity and conviction. Dr. Mark Brandon also took the stage to emphasize the critical importance of Alzheimer’s disease research.

Over the years, Open Minds has raised nearly \$4.5 million to advance research, improve care, and build hope. And the best is yet to come ... See you at the 12th edition!



The Douglas BBQ

Under a tent set up on the grounds of the Douglas Institute, Montreal philanthropists and business leaders gathered for a culinary evening unlike any other. In an atmosphere that was both relaxed and elegant — blending BBQ flavours, music, and genuine human connection — this second edition celebrated far more than a beautiful summer evening: it celebrated hope.

The “Under the Stars” theme truly came to life through the presence of Vanessa Mulroney and Matthew Turner, two ambassadors who embody our mission with sincerity and conviction. Their moving testimonials reminded guests why their support and commitment matter so deeply.

Funds raised during the evening helped support the renovation of the second floor of the Reed Pavilion, a central hub dedicated to emergency care and community mental health services.

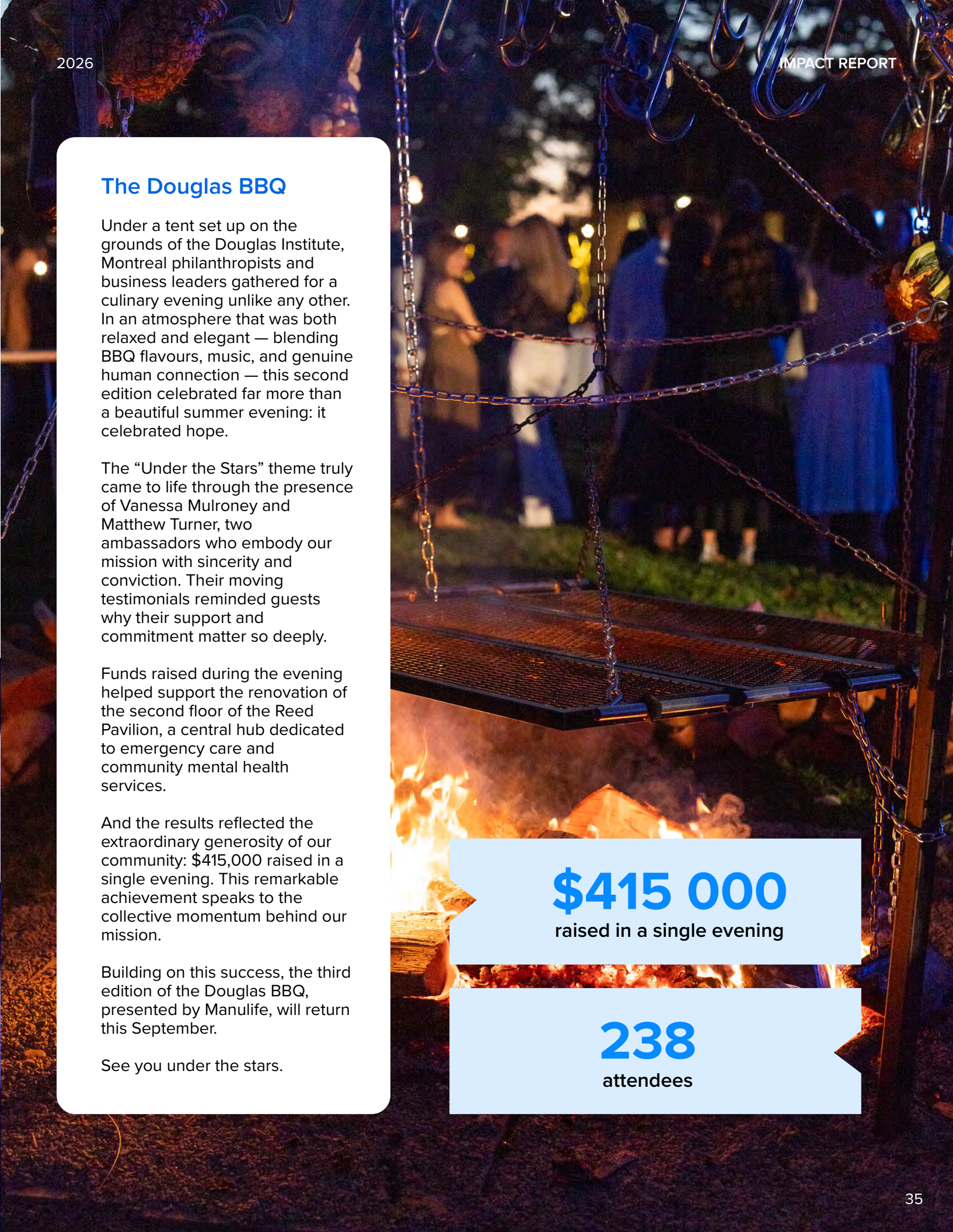
And the results reflected the extraordinary generosity of our community: \$415,000 raised in a single evening. This remarkable achievement speaks to the collective momentum behind our mission.

Building on this success, the third edition of the Douglas BBQ, presented by Manulife, will return this September.

See you under the stars.

\$415 000
raised in a single evening

238
attendees



Builders of Hope

With a breathtaking view of Montreal as its backdrop, influential women entrepreneurs and business leaders gathered for the second edition of Builders of Hope, presented by Desjardins — an exceptional luncheon dedicated to mental health.

For too long, mental health has been underfunded and stigmatized, despite the urgent need for continued advances in research and care. This event embodied that very conviction: shining a light on the latest discoveries, amplifying the voices of researchers, and supporting innovative projects at the Douglas Research Centre.

The luncheon featured memorable presentations, testimonials, interviews, and heartfelt conversations with our two “Builders of Hope,” Nathalie Larue and Julie Godin, alongside Marie-Hélène Thibeault and Dr. Gustavo Turecki. Their powerful voices reminded us of both the urgency of action and the strength that comes from collective commitment. Guests also enjoyed a thoughtfully curated menu prepared by Espace 21.

The outcome reflected our shared ambition: \$150,000 raised in support of research at the Douglas Institute. Beyond the numbers, the event marked another meaningful step toward advancing the future of mental health.

The third edition of Builders of Hope will return this November at the exquisite HONEYROSE Hotel at Place des Arts.



\$150 000
raised in a single evening

138
attendees

A CIRCLE OF WOMEN BUILDING HOPE TOGETHER.

This vision of better care adapted to women is exactly what inspired the Builders of Hope Women’s Circle — a new philanthropic initiative from the Douglas Foundation mobilizing women committed to advancing mental health research. This spring, we launched the Circle in partnership with CGI and EY.

The Circle invites women to turn their engagement into lasting impact: funding innovative research, supporting the next generation of women researchers, and building a network dedicated to advancing women’s careers in mental health science.

Douglas Show

People often say that laughter is the best medicine. Last January, we decided to put that idea to the test once again — and the results spoke for themselves: \$107,000 raised in support of mental health research at the Douglas Institute. Not bad for a night of comedy.

The third edition of the Douglas Show, presented by Agropur, confirmed what we already suspected: humor and philanthropy make a powerful combination. On the iconic stage of Espace Saint-Denis, host Jo Cormier and fellow comedians Liliane Blanco-Binette, P-O Forget, Ève Côté, Patrick Groulx, and Matthieu Pepper kept the audience laughing from beginning to end.

But beyond the jokes and applause, the evening carried a deeper purpose. In their own way, every person in the room contributed to something much bigger.

Because supporting mental health research can also look like this: a full house, tears of laughter, and the shared belief that together, we can make a real difference.

See you at the fourth edition — we’re saving our best jokes for you.

\$107 000
raised in a single evening

355
attendees



BINGO for Mental Health

A full house, a packed room, and \$52,030 raised. That evening, mental health was the one calling out “BINGO!”

On May 21, the Dominion Warehouses were transformed into a festive and purpose-driven gathering space for our BINGO for Mental Health event, presented by Fairstone. Thanks to the incredible energy and generosity of everyone in attendance, \$52,030 was raised in support of mental health research and care at the Douglas Institute.

The evening had everything needed to bring people together: the legendary MC Gilles as host, lively team trivia, exciting prizes, smash burgers from Mange dans mon hood, and refreshing beers from Pit Caribou — all in a warm and vibrant atmosphere where generosity and good cheer went hand in hand.

\$52 030
raised in a single evening

120
attendees





FUNDRAISING INITIATIVES

The Community in Action

VOUS FAITES PLUS QU'UN DON,
VOUS BÂTISSEZ L'ESPOIR.

YOU'RE GIVING MORE THAN A GIFT,
YOU'RE BUILDING HOPE.

Dr. Corina Nagy
Directrice scientifique du Centre de recherche
de la Fondation Douglas



Douglas
FONDATION

2026

Girl Crush - Between the lines

“ Being a woman is a risk factor for depression. ”

Dr. Corina Nagy

Women make up the majority of the healthcare workforce. They are also more likely to experience depression, anxiety, and mood disorders. Yet women’s mental health continues to be understudied, underfunded, and too often overlooked. At the Douglas, that reality is beginning to change.

When the women-owned company Girl Crush launched its Between the Lines collection, it did so with one clear goal: to bring women’s mental health back into the conversation — a mission that strongly aligns with the values and priorities of the Douglas Foundation.

Behind this initiative are very real experiences. For Cindy, co-founder of Girl Crush, this commitment is deeply personal. Having experienced burnout and depression herself, she knows firsthand what it takes to ask for help. As the team at Girl Crush explains: “This collection is a tribute to friendship and to all those who are able to read between the lines.”

We are incredibly grateful to have received a donation of \$32,295 from the founders of Girl Crush through this fundraising initiative. More than a donation, it is a powerful show of solidarity for women’s mental health and for the research being carried out at the Douglas Research Centre.



Women are more likely to be diagnosed with a mental illness (43%, compared to 32% of men).

43 %
Women

32 %
Men

Undiagnosed mental health conditions are reported more frequently among young adults aged 18 to 34 (43%), women (32%), and members of the 2SLGBTQ+ community (48%).

43 %
18-34
years old

32 %
Women

48 %
2SLGBTQ++

Burnout rates are higher among women (42%) and racialized Canadians (42%).

42 %
Women

42 %
Racialized
Canadians



Let's Bond Creates the Jonathan Laurin Grant

Jonathan Laurin: a light that continues to shine

There are people who leave a mark that can never be erased. People who fill a room with warmth, light, and generosity without even trying. Jonathan Laurin was one of those people. “He would walk into a room and light it up. He was truly like a sun.”

Let's Bond was born from a natural convergence of two worlds. For a long time, Anna-Isabelle had witnessed the reality of mental illness up close — a member of her family was living with bipolar disorder. Diagnoses, medication adjustments, darker periods: she had seen it all. A lawyer by training, she became involved with the Douglas Foundation and served on the board of directors for seven years—convinced of the importance of research and the need to develop more tailored, more humane treatments. At the same time, her husband Louis-Philippe founded Let's Bond. Anna-Isabelle helped grow the organization from the very beginning — “their baby,” as she still calls it today. Naturally, the paths of Let's Bond and the Douglas Foundation eventually crossed.

Among the people who gravitated around Let's Bond from its early days was Jonathan Laurin. A close friend of Anna-Isabelle and Louis-Philippe, and a presence impossible to forget.

He sold tickets for the Bal Urbain, participated in events, and brought people together wherever he went. “Everyone wanted him at their party,” Anna-Isabelle recalls with a nostalgic smile. “He was positive, always there for others.”

Becoming an ambassador for Let's Bond was, for Jonathan, a way to give meaning to what he was going through. Behind the light he brought to his involvement was a profound suffering.

Over the years, Jonathan has been coping with bipolar disorder and a reality that many loved ones of people living with mental health conditions know all too well: finding the right treatment can be an extremely difficult journey.

“In your head, it's so complex,” explains Anna-Isabelle. “You try medications, there are side effects, sometimes you don't recognize yourself anymore...”

But for Jonathan, the suffering wasn't limited to what was happening mentally. It was also deeply physical. He often spoke of pain in his body, a constant, heavy ache that was hard to explain. Despite the treatments, despite the attempts to help him, he didn't feel like he was getting better. He felt disconnected from himself, as if he were gradually losing a part of who he was.

Then the pandemic hit. Isolation set in. Jonathan gradually withdrew, cut ties, and moved back in with his mother in the Laurentians. Despite the efforts of his loved ones, his suffering grew heavier and heavier.

One evening in June, the news broke: Jonathan had died by suicide.

The shock was immense. Incomprehensible.

Anna-Isabelle remembers getting into her car to go be with his mother, whom she had never met before. “I just knew I had to be there.” She arrived holding a plant in her hands, not knowing what to say or what to do, except try to share a little of the weight of that pain.

And then there was one detail no one will ever forget. Before leaving, Jonathan had hidden little love notes all around the house for his mother. Messages she continues to discover, even today, over time. Like one final way of taking care of her. Like proof that even through suffering, his love for others remained immense.

“He didn't want to hurt people,” Anna-Isabelle says, her voice still fragile.

In the midst of this tragedy, those small pieces of paper say everything about who Jonathan was: someone deeply caring and sensitive.

A few days after the funeral, while the grief still felt unbearable, Anna-Isabelle felt an urgent need to transform that pain into something greater.

“I told myself: we have to do something. We have to create a grant in his name.”

And that is how the Jonathan Laurin Grant was born.

This gesture carries a profoundly human message: even through pain, we must continue investing in research, supporting the researchers working to better understand the brain, and believing that it is possible to improve care.

Because it is through research that we will develop

treatments adapted to every reality, medications with fewer side effects. It is through research that we will find the solutions we so desperately need.

When Anna-Isabelle speaks about Jonathan, the emotion is still palpable. But it is that very emotion that drives her to act — and that builds hope that things can change.

In memory of Jonathan Laurin.

Anna-Isabelle

LET'S BOND

The Let's Bond collective is a group of engaged young professionals working to break the stigma surrounding mental illness. Since 2011, the collective has been raising awareness within Montreal's business community and organizing events that bring people together to raise funds for partner organizations working in prevention, research, and rehabilitation.

To this day, Let's Bond has raised \$1.5M in support of the Douglas Foundation.

Created in 2025, the Jonathan Laurin Grant will support bipolar disorder research at the Douglas every year.

A Community United in Support of the Research Centre

Extensive damage at the Lehmann Pavilion

On January 26, 2026, pipes burst in the Douglas Research Centre’s Lehmann Pavilion, unleashing catastrophic flooding across multiple labs and research facilities.

Millions of dollars worth of research equipment destroyed, years of research set back in a matter of minutes.

The affected area is home to thirteen labs working at the forefront of mental health research. It is a hub of specialized equipment, housing irreplaceable data critical to their work, with people working at the cutting edge of neuroscience and mental health — making breakthroughs in how the brain works, unlocking new pathways for treating conditions like Alzheimer’s.

Faced with this emergency, the Foundation acted quickly by launching a targeted fundraising campaign. With the immediate support of the Board of Directors, \$500,000 was secured within the first few days. Then, the community stepped in.

The response was extraordinary. **Thanks to the generosity and solidarity of donors, \$700,000 was raised to help restore the affected laboratories and support the continuation of critical mental health research.**

“ This support has been essential in helping restore the laboratories, restart research programs, and allow trainees to continue their work toward the next generation of discoveries in mental health research. We are deeply grateful to all the donors who stood by us and reaffirmed the importance of research at the Douglas.”

Dr. Mark Brandon
Researcher at the Douglas Research Centre

This crisis revealed something profound: behind every donation are people who believe deeply in the future of mental health research. Their collective support is helping ensure that science continues to move forward — even in the face of unexpected challenges.



A New Generation of Impact

Our Young Philanthropists Board (YPB) gives engaged young professionals across Greater Montreal a meaningful way to support mental health research — through fundraising and awareness-building on behalf of the Douglas Institute.

Founded in 2024, YPB members have achieved numerous successes. Among other accomplishments, they have collectively raised \$20,000 for a fund dedicated to providing access to medications for those in need.

This important role as ambassadors is crucial for building a lasting connection between the research and care provided at the Douglas Institute and younger generations.

Thank you from the bottom of our hearts!

More Young People Die by Suicide Than from Cancer.

At just 17 years old, Matthew Turner already has a platform, a summit under his belt, and an unshakable conviction: young people’s mental health deserves to be talked about openly and taken seriously. As the founder of StepIntoLight.ca, he embodies a new generation of advocates determined to break the silence around mental health.

His commitment is deeply personal. It began through supporting a child living with selective mutism, and later through

the devastating loss of a loved one to suicide. These experiences made him fully aware of the scale and urgency of the mental health crisis. Among men especially, silence can have tragic consequences, with suicide rates up to three times higher than among women.

In 2024, at only 16 years old, Matthew transformed that conviction into action by climbing to Everest Base Camp and raising more than \$100,000 for youth mental health in support of the Douglas’s TIDE Project (Treatment to Interrupt Emerging Depression). It was certainly a physical climb, but above all, a symbolic one — a tribute to the invisible mountains so many young people face alone every day.

His message to donors is both simple and powerful: mental health is not someone else’s issue. It is all around us. It is part of our families, our friendships, our communities — and ourselves. Together, we can help ensure that fewer people have to face these struggles alone.

Among adolescents and young adults (ages 15 to 34), suicide is the second leading cause of death, after accidents.

“ Mental health is here, and it’s us. ”

Matthew Turner



Thank You to Our Donors

Our Donor Circles play a crucial role in supporting the activities of the Douglas Foundation. The Nair Circle, reserved for donors who have contributed more than \$1 million over their lifetime, honours Dr. Vasavan Nair, one of the founding members of the Douglas Research Centre, and recognizes his lasting impact on mental health research.

The Robson Circle, named in honour of Ann Robson, a nurse at the Douglas Institute, welcomes donors who have given more than \$1,000 in the past year and pays tribute to her efforts to reduce stigma by helping integrate mental health patients into the community beyond the Institute’s walls.

The Builders of Hope Circle recognizes corporations that have made philanthropic contributions to the Foundation.

Nair circle Lifetime giving of \$1M and more

Anonymous (3)
Aune Foundation
Azrieli Foundation
Bell Canada
Claude Garcia
Fondation J.-Louis Lévesque
Gustav Levinschi Foundation
Let’s Bond
Lise and Giuseppe Racanelli Foundation
Manulife
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The Molson Foundation

Robson circle Gifts of \$1,000 and more

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Alain Michaud
Alain Neemeh
Alen Brandman & Jane Siblin Brandman
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Zeller Family Foundation

Builder of Hope

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2025-2026

Financial Statements

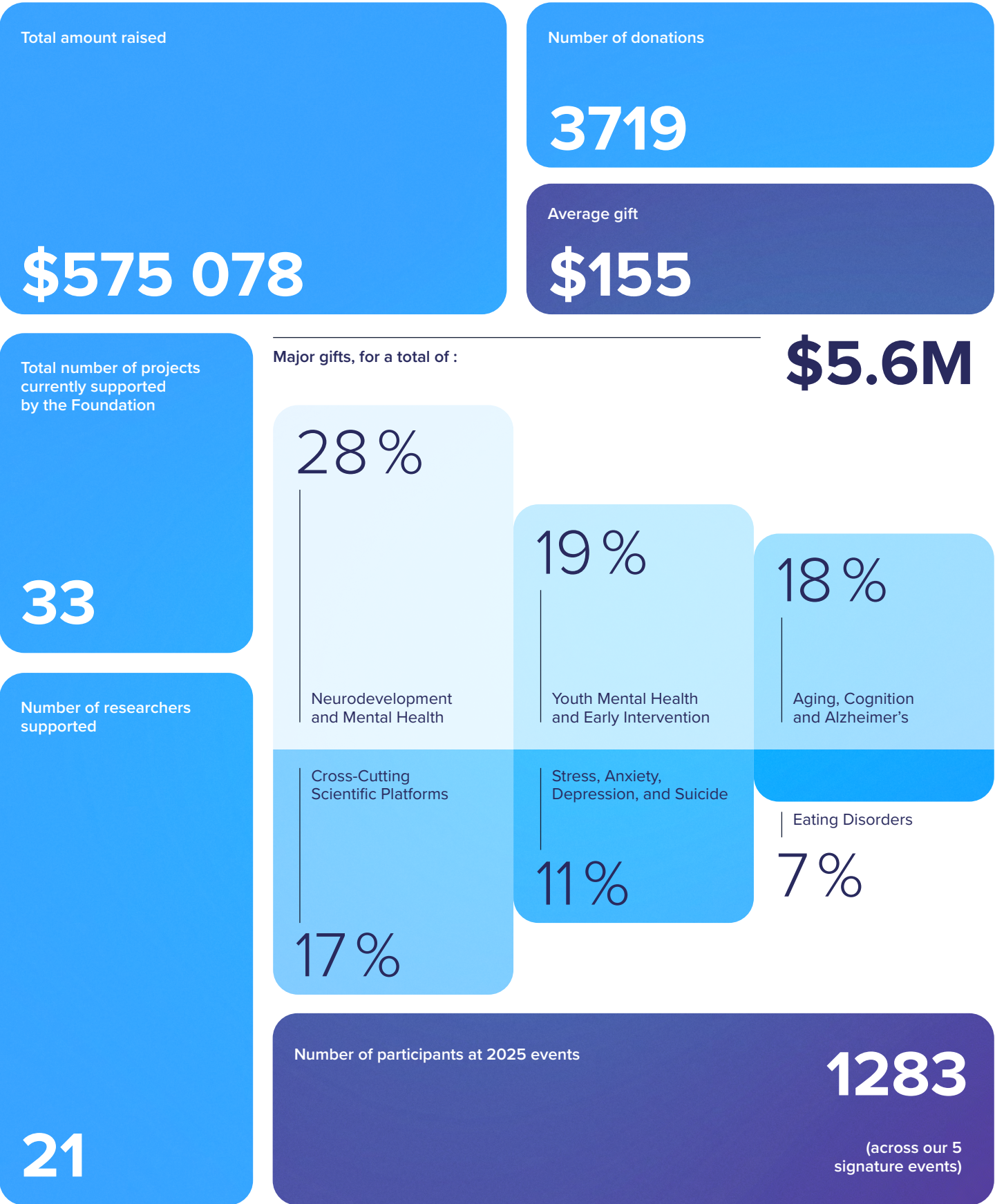
This year, the Foundation reached a historic milestone, raising more funds than ever before. This achievement is a testament to the commitment and generosity of our donors, partners, and the entire community. To each and every one of you, thank you for making this possible and for helping advance our mission.

A RECORD TOTAL OF
\$10,986,475

Your Impact by the Numbers



ANNUAL CAMPAIGN BY THE NUMBERS





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