

TIM HAY

Tim has treatment-resistant depression. He first started to feel the effects of depression 17 years ago, and after being diagnosed he began the long journey of finding effective treatment. Not only did he go through a series of medications that either didn't work or had negative side effects, he also received Electroshock Therapy (ECT)—which requires anesthetic and produces full-body seizures—as a regular form of treatment for many years. Fortunately, he found Transcranial Magnetic Stimulation (TMS) and, although he currently has to access it outside the city, it has profoundly changed his life. "If you asked me if the life I live today was possible, 5, 10 or 15 years ago, I would have said no." TMS is safe and painless. While it isn't, as Tim says, a "silver bullet for depression" that will work for everyone, it has incredible potential to transform lives. He extends his warmest gratitude to donors like you who are instrumental in enabling us to push for this technology in Edmonton.

DR. FRANK MACMASTER

Frank conducts research for the University of Calgary inside Alberta Children's Hospital. His work is currently focused on using brain stimulation, such as TMS, to help children and youth affected by disorders like depression and Tourette's. "We are moving away from clinical intuition to something deeply rooted in the biological evidence that both supports a treatment and explains why it works." TMS uses rapidly changing magnetic fields to make brain cells in a target area get to work. Frank says that in the absence of any new breakthrough medications, TMS is the best option to change the lives of those with depression. "I have seen kids with depression go back to school, re-engage with friends and family—get back to living." Brain stimulation is the future of mental health treatments, says Frank; an investment in the technology now will pay off vastly in the future.



\$166,727 FOR INNOVATION AND TECHNOLOGY IN MENTAL HEALTH

Mental illness is invisible, but treatment doesn't have to be. As in physical health care, tangible breakthroughs in mental health care are leading to greater efficiency, reliability, and individual tailoring. We are dedicated to helping advance local treatment options.

Thanks to the generosity of donors like you, the Mental Health Foundation will direct \$350,000 next year to Alberta Health Services to go toward the purchase of Transcranial Magnetic Stimulation (TMS) equipment for Edmonton, to help treat sufferers of severe depression.



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Dr. Frank MacMaster

The two individuals who are helping us bring TMS to Edmonton