

New Toronto Clinic Addresses Depression with rTMS Therapy *MindCare Centres and CAMH begin important partnership*

February 5, 2009, Toronto -- A new clinic focussed on relieving treatment resistant depression, a disease affecting millions of Canadians at some point in their lifetime, is opening in downtown Toronto on February 9th, 2009. The Boards of Directors for MindCare Centres of Canada and the Centre for Addiction and Mental Health (CAMH) have agreed to collaborate on the **rTMS Centre of Excellence** located at 340 College Street, Suite 405, near Kensington Market.

This new centre will offer repetitive Transcranial Magnetic Stimulation [rTMS], a non-invasive form of brain stimulation that has recently been demonstrated to be an effective way to relieve major depressive disorder. While surgical brain stimulation is invasive and only able to treat small numbers of people, rTMS is readily accessible, has minimal side effects and has proven effective in several published studies conducted at CAMH and elsewhere. MindCare Clinics are already operating in Vancouver, BC, Ottawa, ON at the Royal Ottawa Mental Health Centre and just recently in Montreal, QC.

"Depression is a disorder that is often resistant to medications", states Dr. Jeff Daskalakis of CAMH, the Chairman of the new clinic board and a widely published authority on rTMS. "It makes medical sense for doctors to refer their patients to rTMS if medications are not working. This clinic, therefore, is designed with the intention of achieving better medical results for our patients."

MindCare Centres of Canada, leaders in research and delivery of rTMS therapy, will operate the clinic. Its CEO, Iain Glass says, "We are pleased to collaborate with CAMH, Canada's premier centre for mental health. With the backing of research led by CAMH, we hope that the positive results from the rTMS of Centre of Excellence and other clinics in Canada will lead to public insurers covering rTMS soon."

Until OHIP lists rTMS as a therapy for which it pays, the clinic will treat referred patients with employer paid coverage, private insurance and direct pay patients from outside Ontario. Twenty-five percent of sessions will be made available to CAMH patients on a pro bono or compassionate basis. Other Ontario based patients who do not have insurance can receive rTMS therapy from MindCare Centres of Canada in an adjacent clinic that is not associated with CAMH.

Bill Wilkerson, Chair of the Global Business and Economic Roundtable on Mental Health, welcomes the new clinic, "It is critical that alternative treatments for depression are made accessible. For too long we have relied on inadequate and often outdated methods of treating depression, a disease that costs the Canadian economy billions of dollars in lost productivity every year. MindCare and CAMH are leading the world with this collaboration and I am excited about its potential".

rTMS therapy at the rTMS Centre of Excellence is delivered by trained technicians under the supervision of a psychiatrist. The treatment sessions are administered twice daily and typically take 10 to 15 days to be fully effective. The clinic is now taking bookings and can be reached at 647-344-RTMS (7867) or via email at info@mindcarecentres.com.

**Further information at www.mindcarecentres.com or www.camh.net, or contact:
Deanna Bertoia, Manager of the RTMS Centre of Excellence 647-344-7867
Deanna@mindcarecentres.com**