Dan Bilsker, PhD, is a psychologist who consults to a mental health services research group at Simon Fraser University (CARMHA). His academic appointments are Adjunct Professor, Faculty of Health Sciences, Simon Fraser University and Clinical Assistant Professor, Faculty of Medicine, University of British Columbia. He was lead author of a step-by-step guide to Knowledge Translation, Innovation To Implementation (I2I), developed for the Mental Health Commission of Canada. The I2I is available at no cost from www.carmha.ca/publications. Over the last 10 years, he has used the same KT principles to spread knowledge of mood self-management via a set of 4 self-care guides, including the Antidepressant Skills Workbook. These guides, translated into French, Chinese (both scripts), Punjabi, Vietnamese and Farsi, have been downloaded at no cost by over 300,000 individuals.