



For immediate release

Bell Let's Talk supports Indigenous mental health programming at Behavioural Health Foundation

\$240,000 donation to expand culturally relevant services

WINNIPEG, April 10 2019 – Bell Let's Talk today announced a donation of \$240,000 to the Behavioural Health Foundation (BHF) to support Indigenous programming as a core component of holistic residential treatment for adults and families affected by addictions and co-occurring mental health issues.

"Bell Let's Talk is proud to support Behavioural Health Foundation's Indigenous programming and the vital support it offers people living with mental health issues," said Mary Deacon, Chair of Bell Let's Talk. "Behavioural Health Foundation is making a real difference in Winnipeg's Indigenous community and we look forward to working with them to help expand their mental health programming for more people in need of care."

Indigenous healing at BHF incorporates a wide range of culturally-relevant programs including naming and healing ceremonies, full moon and pipe ceremonies, spring, summer, fall and winter ceremonies, sweat lodges, women's sweats, grieving sweats, medicine picking, drumming, traditional teachings, sharing circles, Ghost Dance, and Sundance, as well as mentoring, traditional counselling and support for adults and families. Traditional programming offers meaningful help to those members of the community who, for many reasons, are not comfortable or well-served by mainstream therapy.

"We recognize the importance of providing the opportunity for individuals and families to receive culturally-relevant services," said Jean Doucha, Executive Director of BHF. "Our sacred grounds in St. Norbert allow people to learn, grow and heal. We are very thankful to Bell Let's Talk for providing funds for this important work to continue and expand."

With the support of Bell Let's Talk, BHF will be able to offer services to approximately 150 people annually. Bell Let's Talk funding will also allow 50 BHF staff members to take part in Indigenous cultural training.

Alongside the launch of Bell MTS in Manitoba in 2017, Bell Let's Talk announced it would be expanding in the province with a new dedicated fund for Indigenous mental health. Today's announcement is the fourth major commitment from the fund, following donations to [Ma Mawi Wi Chi Itata](#) in 2017, [Ogijiita Pimatiswin Kinamatwin](#) in 2018 and [Bear Clan Patrol](#) in early 2019. The Bell Let's Talk team continues to consult with leaders from Manitoba Indigenous communities on plans for future program funding announcements.

About Behavioural Health Foundation

Behavioural Health Foundation (BHF) has roots dating back to 1967, as Canada's first residential treatment facility for families. BHF continues to honour the tradition of providing a safe and structured environment for holistic addiction and co-occurring mental health treatment services. BHF provides two distinct long-term programs, Addiction Treatment Services and the



Breezy Point program for women, providing 110 beds and outreach services. For more information, please visit <http://www.bhf.ca/>.

About Bell Let's Talk

The Bell Let's Talk mental health initiative is focused on 4 key action pillars: Anti-stigma, Care and Access, Research and Workplace Leadership. Since its launch in September 2010, Bell Let's Talk has partnered with more than 900 organizations providing mental health services throughout Canada, including major donations to hospitals, universities and other care and research organizations. To learn more, please visit Bell.ca/LetsTalk.

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