

# Delivering hope for mental health



Canada Post  
Foundation  
for Mental Health

## What is the Canada Post Foundation for Mental Health?

The Canada Post Foundation for Mental Health was established to raise awareness about mental illness and build the capacity of front-line, grassroots organizations supporting individuals and families coping with mental illness. The Foundation is able to do this thanks to the support of Canada Post employees and thousands of Canadians.

There is a great need for better understanding of mental illness, which affects one in five Canadians, and community-based resources focused on those affected by it. Thanks to Canada Post's employees, customers and suppliers, millions of dollars have been raised so the Foundation can help address these needs.

Canada Post's initiatives to engage all Canadians—through its annual in-store campaign, fundraising stamp and mental health prepaid envelope—are raising awareness of the mental health challenges faced by so many, and providing concrete assistance to meet them.

Together, Canada Post and the Canada Post Foundation for Mental Health are delivering hope. We thank Canadians for their support.

## How does it differ from Canada Post?

The Canada Post Foundation for Mental Health is a registered not-for-profit Foundation, operated at arm's length from Canada Post, with an independent board of trustees. Its audited financial statements are available to the public and more than 97.5 per cent of all donations received by the Foundation are used to fund projects by community-based organizations. Once a year through an open, criteria-based granting program, it distributes funds raised by Canada Post.

## How does the Foundation help?

The Canada Post Foundation for Mental Health's grants are distributed to community groups offering direct support to individuals and families affected by mental illness. For many living with mental illness, the result is a substantial, tangible improvement in the quality of their lives. The granting process takes place each spring, when registered charities are encouraged to apply for a portion of the funds available.

"There are effective treatments for so many mental health illnesses. The key is to make sure more people know where to seek help, and to make sure organizations have the resources to provide it. The organizations supported by the Canada Post Foundation for Mental Health make a real difference in the quality and range of services available."

*Valerie Pringle  
Trustee,  
Canada Post Foundation  
for Mental Health*

"The isolation and despair that often comes with mental illness makes it a disease like no other. The Foundation's goal is to strengthen community organizations providing support for those suffering from mental illness. The services provided by these organizations include 24-hour crisis lines, assisting in the reintegration into society of those who have been institutionalized, counselling traumatized victims of violence or domestic abuse, and helping the homeless with mental health issues. The need is great, but together we can make a difference."

*James Roche  
Chairman,  
Canada Post Foundation  
for Mental Health*

## How can you help?

It couldn't be easier!

- Visit any post office to make a donation of up to \$19.99.
- Donate by mail. Fill out the attached form and mail it to the address below. Or make your cheque payable to the CANADA POST FOUNDATION FOR MENTAL HEALTH and mail it to:

CANADA POST FOUNDATION FOR MENTAL HEALTH  
PO BOX 90007  
OTTAWA ON K1V 1J8

A tax receipt (for donations over \$20.00) will be mailed to you.

- Donate online by visiting [canadapost.ca/hope](http://canadapost.ca/hope) and select "Donate Now". A tax receipt will be issued automatically.
- Buy a booklet of the PERMANENT™ Mental Health fundraising stamps. One dollar from the purchase of each booklet will go directly to the Canada Post Foundation for Mental Health.
- Purchase a Mental Health prepaid envelope. A portion of the proceeds from every sale is donated to the Foundation.

## Canada Post Foundation for Mental Health Donation Form

Please print clearly in black or blue ink.

## Formulaire de don de la Fondation de Postes Canada pour la santé mentale

Écrivez clairement en lettres  
moulées à l'encre noire ou bleue

**Yes, I want to deliver hope for  
mental health**

**Oui, je veux livrer un message  
d'espoir pour la santé mentale**

Please accept my gift of / *Veillez accepter mon don de :*

\$ \_\_\_\_\_  For donations of \$20 or more, check here for a receipt for income tax purposes.  
*Pour les dons de 20 \$ et plus, cochez ici pour recevoir un reçu officiel aux fins de l'impôt.*

Your information / *Vos coordonnées :*

Mr./M.  Mrs./M<sup>me</sup>  Miss/M<sup>lle</sup>  Ms.

First name / Last name /  
*Prénom/nom :* \_\_\_\_\_

Address / *Adresse :* \_\_\_\_\_

City / *Ville :* \_\_\_\_\_

Prov. :  Postal code /  
*Code postal :* \_\_\_\_\_ Telephone /  
*Téléphone :* \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email / *Adresse de courriel :* \_\_\_\_\_

My cheque is enclosed made payable to The Canada Post Foundation for Mental Health.  
*Je joins un chèque à l'ordre de la Fondation de Postes Canada pour la santé mentale.*

I prefer to use my /  
*Je préfère utiliser ma :*  VISA  MasterCard

Card No. / *N° de carte :* \_\_\_\_\_

Expiry Date (MM/YY) /  
*Date d'expiration (MM/AA) :* \_\_\_\_\_

Cardholder name /  
*Nom du titulaire de la carte :* \_\_\_\_\_

Cardholder signature /  
*Signature du titulaire de la carte :* \_\_\_\_\_

**Please complete and drop  
in any mailbox.**

For more information, please visit  
[canadapost.ca/hope](http://canadapost.ca/hope)

**À remplir et à déposer dans  
n'importe quelle boîte aux lettres.**

Pour en savoir davantage, rendez-vous à  
[postescanada.ca/espoir](http://postescanada.ca/espoir)

Charitable Registration Number / Numéro d'enregistrement d'organisme de bienfaisance : 801839010RR0001

▼ Tear here /  
▼ Détacher ici

▲ Moisten, fold and seal.  
▲ Humecter, plier et sceller.