



Philanthropy & Mental Health



Canadians are currently dealing with a mental health crisis: terrifying suicide rates among youth, an opioid overdose epidemic, high rates of mental illness in senior nursing homes, and all of this amplified by the COVID-19 pandemic. In order to address mental health issues, Canada needs collective action, and the philanthropic sector is well positioned to play a key role.

So how can philanthropy help? Surely, foundations and other philanthropic donors can increase financial contributions to organizations offering mental health supports or initiate mental health programs on their own. However, much can be done beyond funded activities. Philanthropists can bring mental health issues into sharper focus, advocate on behalf of vulnerable communities, build capacity within the mental health sector and collaborate with governments but also with

each other.

In this Special Edition on Philanthropy and Mental Health, led by PhiLab's Western Hub, attempts to cover philanthropy's role in dealing with mental health issues, as well as how the philanthropic sector is dealing with these same issues internally.

Enjoy your reading!

Newsletter Content

- **Special Edition: Philanthropy & Mental Health**
- PhiLab Podcast: Ep. 5 -
- Next edition: January 2022 - Philanthropy for the animals
- Featured Philanthropic Profile
- Featured Alliance Article

[Editorial: Philanthropy & Mental Health](#)

by Iryna Khovrenkov, Western Hub Co-supervisor



[Interview: Lesley Kelly of the Do More Agriculture Foundation](#)

by Adriana Davis, Western Hub

[Interview: Welcome Haven - community-based psychosocial support program for asylum-seeking families](#)

by Yufei (Mandy) Wu, Quebec Hub





A brief introduction of the history and work of the Wellbeing Project, including its mission, activities and approach

by the Wellbeing Project

Santé mentale des adolescents : qu'est-ce qui les aide à aller mieux ?

by Hélène Gaudreau, Benoit Martel & Janie Houle



Graham Boeckh Foundation – Phase I: Portrait of the Foundation, from its creation to nowadays

by Tareq Hardan, Quebec Hub

PhILab Western Hub Regional Conference Sessions

by the Western Hub



Two articles by The Philanthropist, a PhILab partner



Pulse-check with sector leaders on mental health

Building back better means healing together

Philanthropy for Global Mental Health 2000–2015

by Valentina Lemmi, published by the Cambridge University Press



Overwhelm and Burnout - What's the Difference?

by Charity Village

Enquête sur la santé psychologique des travailleurs et des travailleuses du milieu communautaire au Québec lors de la pandémie de la COVID-19

by Sophie Meunier, Alexandra Giroux, et al., Quebec Hub



Webinar: Portrait de la santé psychologique des travailleurs.euses communautaires

by Laboratoire de recherche sur la santé du travail (UQÀM)

Webinar: Mental Health For All: The Role of Philanthropy in Supporting Mental Health

by Philanthropic Foundations Canada, PhiLab Partner





PhiLab Podcast - Episode 5: The importance of mental health and the WellBeing Project

In this 5th episode of the PhiLab Podcast, we are speaking with Sue Griggs and Dana Preston from the WellBeing Project.

We tend to think that mental health is the gateway to a good life but there is more to it. The Wellbeing Project is a collective that wants to show how important it is to balance all the aspects of health through policies to make change happen.

We will go through their method and philosophy to explore how the social change sector can improve in the field. Wellbeing is a process that is unique to the context and this should be the principal lens through which we analyze this issue.

[Listen to the episode here](#)

Call for Contributions: Philanthropy for the Animals



Our January special edition will be led by the Quebec Hub and be covering the theme of **Philanthropy for Animals**.

Would you like to share content on this subject?
Contact David Grant-Poitras, Quebec Hub coordinator
: philabquebec@philab.uqam.ca

Featured Philanthropic Profile

PhiLab's Quebec Hub has launched a [Philanthropic Profile Database](#) in order to highlight the sector's professionals and the diversity of their roles.

Would you like your profile to be featured? [Fill out your profile here.](#)



[Luc Desjardins](#) is the General Director of the community organization L'itinéraire, which supports marginalized people who have been excluded from the workforce, the homeless, those suffering from addiction or mental health problems.

[Consult his full profile here](#)

Featured Alliance Content



Time to take a leap forward and offer mental health for all

Around the world, one billion people suffer from mental health problems. Depression and anxiety are among the top ten causes worldwide of years lived with disability.

Despite direct evidence of the economic benefits of investing in mental health — through improved health and productivity — mental health services remain underfunded.

[Read the full article here](#)



Support PhiLab by participating on social media!

In order to increase the reach of PhiLab's publications, you can help us by participating in social media! A simple 'like', comment or share helps us disseminate knowledge to the sector.

We now have **five active social media platforms**, there's one for everyone, no matter your style!

PhiLab students still have access to the [Facebook group](#) which is reserved for them.



Facebook Twitter LinkedIn Youtube Academia

This newsletter was sent by the Canadian Philanthropy Partnership Research Network

[Unsubscribe](#)