

Bell Let's Talk donates \$15,000 to Calgary Counselling Centre's Urgent Access for Depressed Youth program

CALGARY, October 5, 2017 – Calgary Counselling Centre is pleased to receive a \$15,000 grant from the Bell Let's Talk Community Fund to support the Urgent Access for Depressed Youth program.

"We know that in Calgary alone, four to eight kids in every classroom are depressed, but only one or two are getting help," said Dr. Robbie Babins-Wagner, CEO of Calgary Counselling Centre. "Calgary needs services for children and youth that are accessible and immediate. This grant from the Bell Let's Talk Community Fund will allow us to continue to support the youth of our city regardless of their ability to pay and with no waitlist."

The Urgent Access for Depressed Youth program will increase access to counselling services for youth ages 13-25 experiencing depression in Calgary and area. Calgary Counselling Centre will provide new counselling sessions and ensure more youth dealing with depression have access to the services they need when they need it, including individual therapy, family counselling and specialized group programming.

"Bell Let's Talk is very proud to support Calgary Counselling Centre's Urgent Access for Depressed Youth program," said Mary Deacon, Chair of Bell Let's Talk. "This year, the Bell Let's Talk Community Fund has provided 70 grants to support programs providing mental health services in communities around the country that help Canadians living with mental health issues."

This initiative will increase capacity, creating more than 800 new counselling sessions for youth facing issues of depression. Calgary Counselling Centre has committed to providing one full-time counsellor to work with youth. The Bell Let's Talk funding will allow for the hiring of a second full-time position for one year to support this initiative.

A special cheque presentation will take place this morning at the Fairmont Palliser hotel during Kelly Hrudehy: The competitive advantage in supporting mental health – presented in partnership with the Calgary Chamber in support of National Depression Screening Day.

For more information about the event, please visit www.calgarycounselling.com/NDSD.

About Calgary Counselling Centre:

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, the Centre offers counselling to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community.

About Bell Let's Talk:

The Bell Let's Talk initiative promotes Canadian mental health with national awareness and anti-stigma campaigns like Bell Let's Talk Day, and provides significant Bell funding of mental health care and access, research and workplace leadership initiatives. To learn more, please visit Bell.ca/LetsTalk.

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