



Laing House receives a \$15,000 Bell Let's Talk Community Fund grant

Halifax, Nova Scotia, January 15, 2020 –Laing House is pleased to receive a \$15,000 grant from the Bell Let's Talk Community Fund to support the development of community building programs at The Den, Sackville Youth Centre for youth, ages 13 to 24, who are living with mental health challenges.

Laing House services create a supportive community where vulnerable youth can talk about their mental health issues, have positive interactions with peers and trusted adults and, learn basic skills to support their wellness.

"The Bell Let's Talk Community Fund grant will directly help support youth in the Sackville and surrounding community," says Jane Machum, Chair, Laing House Board of Trustees. "Many youth outside of downtown Halifax have limited access to mental health resources and support. In Sackville, we are working with a variety of partners to create a supportive space where youth can talk about their mental health challenges and access programs and services in a fun, non-judgemental space which is key to a youth's future success."

"Bell Let's Talk is pleased to support Laing House's Sackville Youth Centre, The Den, to provide vulnerable youth in the community with access to a safe place to openly discuss their mental health," said Mary Deacon, Chair of Bell Let's Talk. "The Bell Let's Talk Community Fund is supporting over 120 organizations across Canada, like Laing House, that are building new partnerships in their communities to help people living with mental illness and their families."

Bell Let's Talk Day is January 29

The Bell Let's Talk initiative promotes Canadian mental health with national awareness and anti-stigma campaigns like Bell Let's Talk Day and significant funding of community care and access, research and workplace leadership initiatives. On Bell Let's Talk Day, Bell donates 5 cents to Canadian mental health programs for each of these interactions at no extra cost to participants:

- Talk: Every mobile and every long distance call made by Bell wireless and phone customers
- Text: Every text message sent by Bell wireless customers
- Twitter: Every tweet and retweet using [#BellLetsTalk](#), featuring the special Bell Let's Talk emoji, and every Bell Let's Talk Day video view at [Twitter.com/Bell_LetsTalk](https://twitter.com/Bell_LetsTalk)
- Facebook: Every Bell Let's Talk Day video view at [Facebook.com/BellLetsTalk](https://facebook.com/BellLetsTalk) and every use of the Bell Let's Talk frame
- Instagram: Every Bell Let's Talk Day video view at [Instagram.com/bell_letstalk](https://instagram.com/bell_letstalk)
- Snapchat: Every use of the Bell Let's Talk filter and every Bell Let's Talk Day video view
- YouTube: Every Bell Let's Talk Day video view at YouTube.com/BellCanada

About Laing House

Laing House is the only community-based organization in Nova Scotia that is 100% dedicated to empowering youth living with mental illness. It is a non-profit organization that offers peer support through a variety of programs. At Laing House, youth can embrace their unique gifts and find their way in a caring and supportive environment. Laing House Halifax youth are between 16 and 29 years of age and have a diagnosis of mood disorder, psychosis and/or anxiety disorder. Laing House Sackville and Laing House Yarmouth work with youth with or without a diagnosed mental illness. Visit www.lainghouse.org to learn more.

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