

Calgary Counselling Centre receives a \$15,000 Bell Let's Talk Community Fund grant

Funds Will Support Counselling Services for Men, often unrepresented in mental health

CALGARY, December 14, 2021 – Calgary Counselling Centre (CCC) is pleased to announce it has received a \$15,000 grant from the Bell Let's Talk Community Fund to support urgent, timely access with no waitlist for counselling services for men, regardless of their ability to pay.

With the help of the Bell Let's Talk Community Fund grant, the initiative will improve access to mental health services through 677 new counselling sessions for men.

"It's been a challenging 19 months for the community," says Dr. Robbie Babins-Wagner, CEO of Calgary Counselling Centre. "And the Bell Let's Talk Community Fund grant is really going to help out some of the men in our city who have been struggling. It will not only help them, but those around them, their families, workplaces and the broader community. We are very grateful to Bell Let's Talk."

The COVID-19 pandemic has taken a toll on mental health through isolation, loneliness, increased anxiety and depression, and financial pressures. Last year, men attended more counselling sessions at CCC than the year prior. By providing subsidized counselling services to men, with no waitlist and no financial barriers, CCC will improve the mental health of those who need it the most.

"My time at Calgary Counselling Centre has helped me grow exponentially and has given me the tools to move forward in my life," says CCC client Alex Johnson. "I'm very grateful that we have a service like this in the community that's so accessible."

"Bell Let's Talk is pleased to support Calgary Counselling Centre to help improve access to mental health services for men in the Calgary area," said Mary Deacon, Chair of Bell Let's Talk. "The Bell Let's Talk Community Fund provides grants to mental health organizations in communities throughout the country, like Calgary Counselling Centre, that are working to expand access to mental health care for more people who need support."

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

This year the impact will be even greater with a match dollar for dollar from the Auxilium Foundation.

Anyone interested in accessing the services at Calgary Counselling Centre can register online, anytime at calgarycounsellingcentre.com, or by calling 833.827.4229.

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.

For more information or to arrange an interview, please contact:

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