

SKETCH Gets \$40,000 from BELL's Let's Talk Community Fund To Support "Minds at Ease"—a Mental-Health Initiative

Toronto, January 24, 2012—**SKETCH** is honoured to receive a one-year \$40,000 grant from the **Bell Let's Talk Community Fund** which assists community-focused organizations that are working to support four pillars of mental health: anti-stigma, care and access, research, and workplace leadership. SKETCH will address the mental-health needs of youth through a focused initiative entitled **Minds at Ease**.

"We at Bell are extremely pleased to lend our support to SKETCH Working Arts and the almost 50 other community organizations across the country that are part of the Bell Let's Talk Community Fund's first year," said Mary Deacon, Chair of the Bell Mental Health Initiative. "These groups are truly making a difference at the grassroots level. We're very proud that, through grants from our Community Fund, we will be helping them to provide much needed resources to enhance mental health services and programs for those affected by mental illness."

SKETCH is on the front lines of serving youth who navigate all forms of mental adversities. **Minds at Ease** aims to address youth mental-health issues through arts-based activities designed to help youth realize self-potential and build life skills, leadership skills, community connections, capacity, resiliency and self-esteem while reducing the stigmas associated with mental illness. The project will also focus on resource awareness and referrals to immediate care.

This project will run three days per week and will expand upon and enrich our current engagement with at-risk, homeless and marginalized youth, aged 15-29 through specific target responses for youth seeking relief from stigmatization and internal suffering related to mental illnesses.

SKETCH facilitates its activities at locations throughout the GTA until it occupies the Artscape YOUNGplace in 2012. For any information on this or other SKETCH initiatives, contact info@sketch.ca.

The Bell Let's Talk Mental Health Initiative is a multi-year charitable program that promotes mental health across Canada via the Bell Let's Talk anti-stigma campaign and support for community care, research and workplace best practices. To learn more, please visit Bell.ca/LetsTalk.

The Bell logo consists of the word "Bell" in a bold, blue, sans-serif font.The Sketch logo features the word "Sketch" in a bold, black, sans-serif font. The letters are stylized with thin white lines and dots, giving it a hand-drawn or sketch-like appearance.