



NEWS RELEASE

FOR IMMEDIATE RELEASE

May 8, 2016

A RECORD \$1.43 MILLION RAISED AT THE 2016 COURAGE TO COME BACK AWARDS

New records were achieved at the 18th annual Courage To Come Back Awards on May 5th with over 1,500 attendees at the Vancouver Convention Centre and over \$1.43 million raised to support Coast Mental Health.

Each year, Coast Mental Health hosts this coveted awards gala, an inspirational evening to recognize six truly remarkable British Columbians - their courage to overcome serious adversity, change their lives for the better, and move forward to help others do the same.

Funds raised will go directly to Coast Mental Health to support those dealing with mental illness. The event was chaired by Lorne Segal O.B.C., D.Litt (Hon.), President, Kingswood Properties Ltd., and attended by The Honourable Judith Guichon, Lieutenant Governor of British Columbia. A key highlight during the evening was Minister of Health Terry Lake donating \$100,000 from the Province on behalf of Premier Christy Clark and Minister of Finance, Mike de Jong.

During the evening, the following recipients were presented with spectacular glass sculptures designed by Susan Point:

- Tom Teranishi, Vancouver, BC – Medical Category
- Meredith Graham, New Westminster, BC – Social Adversity Category
- Jemal Damtawe, Coquitlam, BC – Addiction Category
- Christy Campbell, North Vancouver, BC – Physical Rehabilitation Category
- Dr. Barbara Harris, Vancouver BC – Mental Health Category
- Coltyn Liu, Vancouver, BC – Youth Category

In the words of Courage Recipient Meredith Graham - "People can and do change in remarkable ways. There is extraordinary potential in genuine kindness. Every act of kindness, no matter how small, has the power to heal."

The Courage To Come Back Awards

The Courage To Come Back Awards are presented annually by Coast Mental Health Foundation to celebrate British Columbians who have overcome illness or adversity and have 'come back to give back' to their communities, and to inspire others to do the same. To find out more about The Courage To Come Back Awards, go to

www.couragetocomeback.ca

Coast Mental Health

For over 40 years, Coast Mental Health has helped bridge the gap between diagnosis and recovery for individuals with significant mental health challenges. Through the generous contributions of donors and partners, Coast Mental Health offers innovative programs that address the three essential pillars of sustained recovery: Housing, Employment and Support Services. Through engaging clients in their own recovery and focusing on long-term success, Coast Mental Health envisions a future where possibilities become reality. To find out more about what Coast Mental Health does, go to www.coastmentalhealth.com

For more information, contact:

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Recipient bios: www.couragetocomeback.ca/press-kit/