



Movember Awards \$12 M in Mental Health Initiatives
7 Programs Selected to Address Key Mental Health Issues for Men

TORONTO, ONTARIO (October 22nd, 2013) – Movember, with guidance from the Canadian Men's Health Network (CMHN), is proud to announce \$12 million in funding for men's mental health initiatives. This is Movember's first announcement of funding for men's mental health and represents one of the largest non-governmental investments in the field to date. A total of seven projects across Canada have been awarded funding. These innovative programs will work to achieve significant results in the priority areas of de-stigmatization, prevention, and awareness. For more information on these programs and to participate in Movember visit movember.com.

In the spring of 2013 Movember called for collaborative, inter-organizational, pan-Canadian applications to address key mental health issues for men. Proposals were reviewed, rated and ranked by a third party panel of experts, which included representation from across Canada and around the world. On the recommendation of these experts and the CMHN, Movember will be funding programs run by Queens University, McGill University, University of British Columbia, Ryerson University, Western University, Centre for Addiction and Mental Health and Kids Help Phone.

"The diversity and quality of these projects represent a milestone for men and mental health in Canada", said **Dr. Larry Goldenberg, Professor & Head, UBC Department of Urologic Sciences and Chair of the Canadian Men's Health Network** *"Together these seven awarded programs will give the designated priority areas of de-stigmatization, awareness, prevention and intervention the support they need and the care men deserve."*

"This funding is being awarded to projects supporting men at so many stages of life; from adolescence to university, to first time dads, and to those moving into retirement." said **Paul Villanti, Executive Director, Programs, Movember Foundation**. *"Globally we can see the difference that is made when the power of the moustache is paired with world class men's health projects and we know these will make a significant impact for men."*

“It’s because of the outstanding dedication and effort of our Canadian Mo Bros and Mo Sistas that today we proudly announce our first men’s mental health funding.” said **Pete Bombaci, Country Director, Movember Canada**. *“This will hopefully be the beginning of a strong foundation of support for men living with and beyond mental illness.”*

“I have been a Mo Bro for over four years and suffered in silence from depression for over 12 years. When Movember announced it was supporting mental health it gave me the courage I needed to step out and share my story.” said **Kevin Swain, Mo Bro** *“The simple act of growing a moustache has changed my life, and I hope that I can help at least one man do the same.”*

The seven funded programs include:

- **McGill University - HealthyDads.ca:** Development and Pilot Evaluation of a Multimodal E-Health Intervention to Promote the Mental Health of Men at Risk for Depression
- **Ryerson University** - Reducing stigma of mental illness among boys and men in Asian communities in Canada: An innovative intervention study
- **Kids Help Phone** - mTalk: a Male Mental Health Counselling and Information Program for Teens
- **Centre for Addiction and Mental Health** - Acting locally to have a national impact: A participatory action approach to addressing First Nation boys’ and men’s mental health
- **Lawson Health Research Institute and Western University** - Enhancing Psychological Resiliency in Older Men Facing Retirement: Testing a Meaning-Centered Group Intervention
- **Queen’s University** - The Caring Campus: An Intervention Project
- **University of British Columbia** - Masculinities and men's depression and suicide Network

More details on these projects can be found [here](#).

In the coming weeks, the outcome of a second men’s mental health announcement for \$1 million in funding to support holistic and professional health education proposals to improve the mental and physical health of men will be announced.

For more information on the CMHN and Movember funded programs visit [Movember Funded Programs](#)

For more information and to get involved in Movember visit [movember.com](#)

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About Movember

Movember aims to forever change the face of men's health through the power of the moustache, by raising awareness and funds for prostate cancer, testicular cancer and men's mental health initiatives. Funds raised are directed to programs run directly by the Movember Foundation and our men's health partners in each country. Together, the channels work to ensure that Movember funds are supporting a broad range of innovative, world-class programs in line with our strategic goals; living with and beyond cancer, staying mentally healthy, living with and beyond mental illness and men's health research. Since 2003, over three million participants have raised over \$446 M for the cause, with official Movember campaigns taking place in 21 countries. For more information please visit www.movember.com. Movember is a registered charity in Canada - BN 848215604 RR0001.

About Canadian Men's Health Network

Canadian Men's Health Network (CMHN) is a Movember Foundation advisory committee to Movember Canada that was created to address critical men's health issues today and in the future. The CMHN brings together some of the top scientific and medical professionals from across the country to collaborate on identifying and addressing men's health issues. The first initiative of this network is boys' and men's mental health. For more information please visit – www.movember.com.