



PRESS RELEASE

In-class assignment

ABSTRACT

A PR release for MentalWell that focuses on providing counselling session for newcomers after receiving a donation \$500,000 from a private organization

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Writing for digital media

MentalWell breaks down barriers for newcomers with \$500K donation

Brampton, ON – April 2, 2025 – MentalWell is pledged to help newcomers settle down, so we are happy to lend a helping hand by listening to the problems and offering solutions to those in need. We received a \$500,000 donation from a private foundation to open a new counseling center for newcomers and refugees settling in Brampton.

We will inaugurate this summer and offer therapy, group support sessions, and support culturally sensitive mental health issues. Knowing Brampton is a core immigration home for various immigrant people in Canada, the center focuses on creating pathways to access mental health services for those adjusting to life in a new country.

“Mental health should never be a luxury,” said Farah Hussain, Executive Director of MentalWell. “This funding allows us to build a safe space for newcomers to heal, connect, and thrive in their new communities.”

“Mental illness is nothing to be ashamed of, but stigma and bias shame us all,” quoted Bill Williams, a senior psychologist at MentalWell; he added, “Nobody deserves to be alone in struggles; seek support when you need it.”

The donation will fund the hiring of 10 licensed counselors with multilingual capabilities to cater to our multilingual immigrants, developing customized therapy programs for newcomers as everybody deserves to be heard as they want to be. Facilities will be set up, including therapy rooms and community gathering areas for newcomers. With over 60% of Brampton’s population born outside of Canada, the need for accessible mental health services focused on newcomers has never been more urgent.

About MentalWell

MentalWell is a Canadian non-profit organization that improves mental wellness through accessible, culturally inclusive counseling and community programs. With centers in Toronto and Mississauga, MentalWell has helped over 15,000 individuals find strength and support.

Visit <https://www.mentalwell.org> to learn more.

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