

**Community Appreciation Awards in Mental Health**

The Canadian Mental Health Association, Ottawa Branch presents **Community Appreciation Awards** to celebrate exceptional commitment to mental health in our community. The Awards recognize the excellent contributions of individuals, families, groups and organizations. Please help us by nominating those who have demonstrated such commitment including:

* People with lived experience, their families and friends
* Volunteers with mental health organizations or programs
* Contributors to mental health through the arts or media
* Individual or organizational providers of mental health services (health and mental health professionals, social workers, peer supporters, trainers, etc.)
* Programs of extraordinary effectiveness, timeliness or innovation
* “Friends of mental health” in our community

**Nomination Process**

* A nominator and seconder are required for each award
* Nominations may be made in either official language
* Anyone may make a nomination or be nominated with the following restrictions:
	+ CMHA staff are not eligible to receive awards
	+ CMHA staff and board members may make nominations provided that the second nominator is from the larger community.
	+ CMHA clients are eligible for nomination based on their volunteer efforts outside CMHA Ottawa.
* Award recipients are chosen by a selection committee that includes CMHA board members, staff, and community representatives.
* Make your nomination using the form on the back of this page and **enclose a statement of 200 words or less describing how this candidate fulfills the requirements for a Community Appreciation Award**.
* Email to loneil@cmhaottawa.ca mentioning “Community Appreciation Awards” in the subject line, or:
* Fax to 613-737-7644, Attention Linda O’Neil, or
* Mail to:

CMHA Ottawa

1355 Bank. St, Suite 301,

Ottawa, ON K1H 8K7, Attention Linda O’Neil

* **Nominations are due by Sept. 15**