



**New Start
Foundation**
for Addiction
& Mental Health

Case for Support

NEWSTARTFOUNDATION.CA
charitable no. 750823882 RR0001

OUR PURPOSE IS TREATMENT

New Start Foundation for Addiction and Mental Health is driven by one urgent goal: ensuring timely, life-changing access to treatment when it matters most.

Across Canada, more people than ever are struggling with depression, anxiety, trauma, and addiction. Public systems are overwhelmed, private care is unaffordable for many, and families are left navigating impossible choices. Waiting lists grow, conditions worsen, and lives are disrupted or lost.

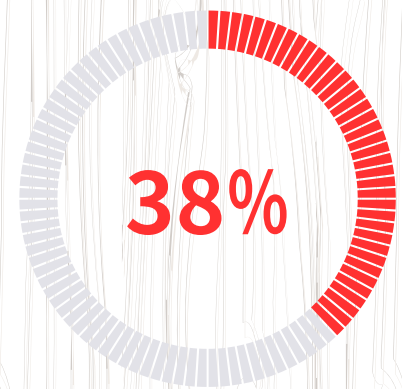
New Start Foundation exists to restore dignity, inspire hope, and give people the chance to begin their journey toward recovery. Every life we help represents a renewed possibility: a person rediscovering confidence, purpose, and the belief that change is possible.

By providing immediate access to care, we restore hope at a critical moment, helping people see that recovery is not only achievable but within reach.

The economic cost of poor mental health care

is staggering: mental illness alone now costs Canada upwards of **\$50 billion annually**, with substance use adding nearly another **\$40 billion**.

Canadian provinces and territories allocate just **6.3%** of their health budgets to mental health —well below peer countries



Indigenous peoples face a disproportionately high burden, with 38% reporting “poor” or “fair” mental health

Over **2.5 million** Canadians with mental health needs are not receiving adequate care

WHO WE SUPPORT & WHY THIS APPROACH MATTERS

We support individuals with substance use disorders and subsequent mental health challenges who are ready to engage in treatment but are blocked by financial barriers.

Our focus is an underserved “middle segment”, people who may have some recovery capital, such as stable housing, family or social support, workforce attachment, or employable skills, yet cannot afford private treatment and cannot wait for public systems to respond.

These are not chronically unhoused individuals, nor people in need of highly specialized institutional psychiatric care. Instead, they are people “slipping through the cracks”, at a pivotal moment when timely access to care can make the difference between ongoing struggle and lasting recovery.

With the right support, these individuals have a strong likelihood of stabilizing, completing treatment, returning to work, and resuming meaningful roles within their families and communities. They are ready to rebuild their lives, to contribute, participate, and thrive.

New Start acts as a catalytic bridge, providing a hand up. By removing the single barrier preventing recovery, we help people regain health, restore confidence, and rekindle hope. Our support empowers individuals to envision a future where they can thrive, return to productivity, care for their families, and participate fully in their communities, transforming despair into opportunity and potential into reality.

HOW WE WORK

With compassion, urgency, and a belief in positive long-term outcomes, New Start Foundation supports youth, adults, and their families as they begin recovery.

We:

- Assess clinical need and determine the best path forward.
- Navigate the system to match each individual with the right treatment facility.
- Fund inpatient programs for Canadians across the country struggling with substance use disorders, eating disorders, and related mental health concerns.

Combining:

- Strong clinical oversight and expertise, including staff and board members with lived experience
- Partnerships with accredited treatment facilities (CARF and Accreditation Canada), ensuring credentialed staff, 24/7 nursing, psychiatrists, psychologists, and outcome measurement
- Negotiated preferred pricing to stretch donor dollars, passing all savings directly to clients

Our process is straightforward but powerful: if an individual needs and wants treatment but cannot afford it, they can apply for funding immediately. If approved, they can start treatment without delay.

Each grant provides a minimum of 30 days of evidence-based, medically assisted inpatient care, complete with after-care programs and family involvement, access to a comprehensive digital care program, or even top-up to their initial treatment plan, with one of our esteemed Clinical Partners.

YOUR IMPACT AS A DONOR

A gift to New Start Foundation is a catalytic investment, one that removes the single barrier standing between someone and a life-changing recovery.

By funding treatment, you help individuals:

- Complete evidence-based programs that set the foundation for lasting recovery
- Return to work and rebuild meaningful careers
- Reconnect with and support their families
- Contribute actively to their communities, strengthening social fabric and reducing dependence on public systems

Every dollar you give is stretched to maximize impact.

Through preferred pricing agreements with trusted clinical partners, your contribution goes further, funding high-quality treatment programs that might otherwise be inaccessible.

By investing in this underserved group you are giving hope at a critical moment, helping people at the tipping point of recovery where modest support produces life-changing outcomes.

In short, your support transforms lives, strengthens families, and builds healthier, more resilient communities.

Grant Recipient Family Testimonial

**From Grandparents of a grateful New Start Foundation Grant Recipient
Dec 31 2025**

Dear committee and staff members of New Start Foundation,

We wish our simple words of thanks could show how grateful we are for your assistance with funding J's mental health program at ENH Bellwood Toronto.

The opportunity for J to attend was financially far from reach, and we were beginning to wonder how he would gain access to much needed services.

The opportunity to learn the mindfulness, CBT, DBT, radical acceptance, self care skills and etc., that Bellwood staff will provide, will give him the tools to cope during some of life's most difficult situations. This will improve both his physical and mental health. And with that, comes a sense of joy. Everyone deserves joy.

The gift of these skills, J will carry with him from the remainder of his life. From my personal skills learning experiences, J will, in the future be able to notice when friends and loved ones are struggling. He will have the knowledge and assurance to comfort and support them. I say this because I know my grandson. J has a kind and compassionate personality. He will pay this forward in some way and there's no doubt in my mind that your support with funding towards J's program at ENH Bellwood, will some day be helpful for others when they are struggling.

We are sending gratitude and blessings to all at New Start Foundation.

**Please don't hesitate to reach out if you have any questions.
Comments and suggestions are always welcome**

**Thank you kindly
Sincerely,
J's Grandparents**

Grant Recipient Family Testimonial

**"I just wanted to send a thank
you email.**

**Your funding helped us so much with my daughters program
she is doing so much better, and a lot of that is because of your
help. We did not know how we were going
to get her through the program and your generosity, helped us
tremendously.**

**Katie is doing so much better she is like a completely different
person. From the bottom of my heart I want to thank you again
and again.**

**Someday I hope to be able to pay it forward
to someone else in need.**

Thank you again "

A SMART AND COMPASSIONATE USE OF DONOR DOLLARS

New Start Foundation is one of the few national organizations in Canada whose sole mission is to raise money for treatment. Our model ensures that donor funds are used where they can make the greatest difference, supporting people who are ready to recover, able to benefit from treatment, and motivated to rebuild their lives.

This year, our goal is to raise over \$1.75 million dollars. Your support will help us bridge the gap between urgent need and immediate care and brings us closer to a future where access to high-quality mental health and addiction treatment is a right, not a privilege.

A gift to New Start is practical, compassionate, and impact-driven philanthropy, helping people get back on their feet and back into the lives and communities they value.

JOIN US TODAY.

To learn more, visit www.newstartfoundation.ca