

At CAMH, mental health is health

For everyone, forever.

Thank you for considering a gift in your will to CAMH. Here, you can find more information about gifts in wills that we hope is helpful as you prepare to speak to your advisors and loved ones about your plans or wishes. If you have any questions, or would like further information, please don't hesitate to contact me for a confidential conversation. You can reach me anytime at **416.452.6027** and **Sarah.Zachariah@camh.ca** Thank you!

Sarah Zachariah, Legacy Support
CAMH Foundation



Where Do You Start?

There are **two things** you need to do before you create your legacy gift and they both typically involve help from financial and legal professionals.



The **first** is to determine approximately how much you might have to give. A financial advisor can help you determine how much you will need to live in comfort. They can also advise on how much you might give to family and loved ones.

The **second** is to consult with a lawyer and either create your first or update your current will. This document makes your legacy come to life.

When these **two steps** are complete, you can see how much you might have left for the causes you care most about—including CAMH.

Which Type of Gift is Right for You?

There are **several gift options** that may be available to you during your estate planning. The following is a summary of commonly used forms of legacy giving.

Please note: we encourage and expect you to consult a professional advisor to determine the best option for you.

1. You can leave a specific dollar amount.
2. You can leave a residual bequest where you can donate a percentage or the remainder of your estate after other needs have been fulfilled.
3. You can leave a contingent bequest made on the condition of a certain event.

Other forms of legacy gifts include a **life insurance policy, RRSPs or RRIFs, Charitable Remainder Trusts** and **more**. We would be happy to have a confidential conversation with you about how these types of gifts can be put to work for CAMH.

Our Promise To You

Your will is an intensely personal document. We respect your privacy.

Your loved ones come first—we respect that and won't try to change it. We are proud to provide you and your loved ones with special opportunities to learn about our work to provide help and hope to people with mental illness.



We will answer any questions honestly and quickly.

We will use your gift in a way that leaves the greatest impact on mental health care. Every single gift, no matter the size, is important and appreciated. We'll **use your gift wisely and effectively**.

We would like to know if you have made a gift to CAMH in your will, so that we can make appropriate plans and also



recognize your generosity in ways that are meaningful to you. However, **whether you choose to tell us is entirely your decision.**

If you'd like your gift to be designated to a specific program area, we are pleased to discuss this further.

We are here to help! You can contact Sarah Zachariah at **416.452.6027** and **Sarah.Zachariah@camh.ca** at any time.

Mamta's Story

My son, my only son, started showing signs of depression and anxiety when he was 26. At first, he was moody, withdrawn and less communicative. Within a few weeks he went from being employee of the month to getting to work and not being able to remember his passwords to log into his computer. Alarm bells started ringing very loudly in my ears.

This was very familiar to me: my mum had a significant mental illness for most of her life and this was presenting the same way. I felt I was seeing through time. I promised myself that I would not let him become a shell of a person like my mother. I was not going to let him deal with blaming and shaming, which was very pronounced at that time in the South Asian community. He became more and more agitated, and I knew we had to go to the local hospital.

My heart was breaking. I was so sad. But my sadness became frustration and anger at how he was treated in

the emergency room. Like he was a number. They gave him different kinds of medication and a bunch of doctors talked to him and disagreed about his diagnosis. I just sat with him. I held his hand.

He was back at the hospital a couple more times and it was the same frustration and trial and error. I knew he needed to go to CAMH. He agreed. Our experience from the very first moment was different. It was a welcoming, comfortable space. The doctors were caring and thorough. And my son was an ideal candidate for a pilot project in personalized medicine through DNA testing. I was overwhelmed with relief. Everything I felt about CAMH was validated when he got a proper diagnosis and got treatment that helped immediately and still helps to this day.

When I made the decision to remember CAMH in my will, I talked to my son. He shares my deep gratitude for CAMH. He knows that CAMH will be there for him, even after I am gone. And he came with me to draw up my will. He wanted to be with me. He just sat with me. He held my hand.

Ted's Story

I've had colleagues, friends and family all affected by mental illness in various forms, and CAMH has played a critical role in helping them recover.



Directly or indirectly, mental illness affects all of us, which is why I am an enthusiastic supporter of CAMH's work. Over the past years, my interest has deepened in the hospital's research initiatives geared toward understanding and treating mental illness. While expanding emergency care and broadening the availability of treatment is absolutely crucial, I believe we also need to push hard on developing targeted solutions that are fine-tuned for the different ways individuals can suffer. We urgently need to make progress on deepening our understanding of the brain and sustain this effort into the future.

CAMH is responding today while investigating the future of mental illness treatment. I have tremendous confidence in CAMH: many of the research discoveries that have

already been established as treatments were only notions when I first engaged with the hospital 20 years ago. And I know that 20 years from now, we will have made more astounding progress. Given the complexity of the human brain, there are more discoveries to make and more innovations to develop.

That's why CAMH is a beneficiary in my will - so I can continue to support this cause for a long time to come. My teenage daughters and I have open and honest conversations about my will and my legacy. They are reassured that they are part of my legacy, but also very proud that supporting CAMH is part of our family plan.

Sample Wording & Specific Information

Your advisor will be able to provide final text, but this a good place to start.

“I give the Centre for Addiction and Mental Health (CAMH) Foundation the sum of \$_____ or _____% of the residue of my estate.”

You’ll also need our address and our charitable registration number to properly update your will:

**Centre for Addiction and Mental Health (CAMH) Foundation
100 Stokes Street, 5th Floor
Bell Gateway Building
Toronto, ON M6J 1H4**

Charitable registration number: 106932320RR0001

Thank you for taking the time to learn more about gifts in wills with CAMH. I love connecting with you, hearing your stories and learning about what matters to you and why you support CAMH. You can reach out to me anytime for a confidential conversation. You can also find out more at www.camh.ca/legacy

Sarah Zachariah, **416.452.6027**

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