

Aspire Mental Health Foundation

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Aspire Mental Health Foundation is a registered charity (765978804RR0001) with the aim of providing the most vulnerable patients in Regina with the means to seek and access much needed mental health care. The aim of the foundation is to improve the state of mental health in our community by enabling individuals to access the best care available.

1. Who is eligible to receive services?

Anyone can be eligible. The priority is given to those most in need. Need is determined based on financial status as well as severity of mental health concern.

2. My patient needs help, how do I proceed?

A referral can be made from any physician or mental health professional. A referral can be a brief note which includes the patient contact information sent by fax to +1 (306) 992-2919.

There are no prerequisites for referrals, only that you think your patient would benefit from non-pharmacologic mental health care such as therapy or assessment. We will contact and assist the patient through an intake process to recommend the most appropriate type and methodology of care based on most recent evidence and, if appropriate, provide financial assistance. If the patient is not eligible for financial assistance, he/she will be connected with appropriate outpatient mental health services and assisted through the process.

3. What can I do to support?

We appreciate your contribution to your community! You can donate through e-transfer to donate@aspirefoundation.ca or online through our website www.aspirefoundation.ca. We also accept cash, cheque, homing pigeons or any other forms of payment you'd prefer. If you'd like to use alternative forms of payment not listed here, please give us a call or send us an email.

4. How are the donations used?

Donations are used first and foremost to fund mental health services for patients. When you donate, you have the option of specifying how much you'd like to donate to the foundation itself to keep it alive. If you don't specify anything, we assume you want 100% of your donation to be used directly to help patients.