

Community Matters: Striding towards better mental health

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Left to right: The Sandhu family, Natalie Meixner, President and CEO, Richmond Hospital Foundation and Natalie McCarthy, Director, Richmond Mental Health & Addiction. Photo supplied

Step by step. Stride by stride. Upwards. Together we all can help make a difference in the lives of loved ones facing mental health issues.

Grind for the Mind is a community-based fundraising event to hike up Grouse Mountain in support of mental health services at Richmond Hospital. Envisioned by Ampri Group's Founder, Paramjit Sandhu, an avid hiker and promoter of fitness, the event has raised much-needed funds while fostering awareness of the importance of mental health and the mental health services available in the community.

"Through the Grind for the Mind, we are creating a sustainable platform that will support and improve mental health services at Richmond Hospital and positively impact families in our community for years to come." says Amit Sandhu, Paramjit's son.

Mental health issues affect Canadians of all ages, gender, culture, education and income levels. One in five people in our community face mental health challenges, which place numerous stresses not only on the patients, but also their families who are often front-line caregivers.

Last year more than 130 people scaled Grouse Mountain in the second annual Grind for the Mind. Through the support of sponsors, Ampri Group was able to raise \$40,000 for Richmond Hospital Foundation.

This year's Grind for the Mind aims to raise \$70,000 by engaging more members of the community to get involved. Come on up for a free BBQ at the Rusty Rail at the top of the mountain. Visit the free yoga station and stretch out after your hike. Get a chance to meet Richmond Hospital Mental Health team members and learn more about care at Richmond Hospital at the Mental Health Resource Booth.

Wrap your arms around a loved one and use your feet to help improve mental health for all in our community. Make a difference. Choose to climb and Grind for the Mind.

Join us and participate in the Grind for the Mind on Saturday Sept. 12.

To register now, please visit [www.grindforthemind.com \(http://www.grindforthemind.com\)](http://www.grindforthemind.com)

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