



## Summary Fact Sheet

The Tema Conter Memorial Trust is Canada's leading provider of peer support, family assistance, education and training for our emergency services, public safety, military personnel, and their families. We believe in pre-incident training and education, and pro-active peer and professional mental health support. We strive to raise awareness about resiliency and mental wellness, and we provide the resources and referrals necessary to assist in recovery and growth. We help those who spend their lives helping you!

### Our History:

- **Founder Vince Savoia founded the charity in 2001 in memory of Tema Conter**
  - The Conter Family continues to be one of the charity's major supporters, and Tema's brother Howard is Chairman of the Board

### Assistance:

- **Wounded Warriors Canada Peer Support and Family Assistance Fund**
  - Our goal is to match WWC's generous annual donations and to provide funding to individuals who cannot afford access to the services of a mental health professional
  - Mental Health Professionals can request funding through our website, and up to \$1,000 will be forwarded for use by the individual and/or family
- **Referral Services**
  - We help connect people with vetted Mental Health Professionals in their city/province
- **Scholarship Program**
  - This is for students in any correctional, emergency services, emergency communications (dispatcher) or military program offered at a post-secondary educational institution

### Training/Education:

- MANERS Psychological First Aid \*only offered by TEMA
- ASIST

- Mental Health First Aid
- R2MR
- Reach for Resiliency \*only offered by TEMA

### **Statistics:**

- 1 in 10 Canadians suffer from a diagnosable mental disorder within any given year
- 1 in 5 people will experience a mental disorder over the course of their lifetime
- More than half of the people with a psychological health condition do not receive a diagnosis
- Of those diagnosed, less than half receive treatment that meets the expected standards of practice
- 15% of Canadian health care expenditures can be attributed to mental health disorders
- Less than 4% of research funding is dedicated to mental health
- COST TO THE CANADIAN ECONOMY: \$51 Billion
- Costs to the employer: \$34.70 Billion
- Costs to the taxpayer: \$16.30 Billion
- Prevalence of PTSD within Canadian general population: 8%
- Prevalence of PTSD within Emergency Services: 16 - 24%
- Year to date, there have been 56 public safety suicides in Canada; 240 public safety suicides since April of 2014

### **Public Awareness:**

- **Public Service Announcements**
  - “What Does Tema Stand For” is our latest PSA explaining our roots and what we stand for
- **Tema Talks/Your Story**
  - A unique perspective on the world of a first responder BY first responders through written submissions and video testimonials and messages. Coming soon, a Tema Talks podcast.