Mental Health Support –

DuMonde Helping Hands Foundation

Building Hope. Restoring Strength. Empowering Every Mind.

🌱 Our Commitment to Mental Wellness

At **DuMonde Helping Hands Foundation (DHHF)**, we believe that **mental health is a fundamental part of overall well-being**.
Our mission goes beyond providing food and basic needs and we are dedicated to **nurturing emotional resilience, reducing stigma, and promoting mental wellness** among youth, adults, and seniors across Metro Vancouver.

Every person deserves to feel **seen, heard, and supported**, regardless of background or circumstance.
Through our mental-health initiatives, we create safe, compassionate spaces where individuals and families can rebuild confidence, find healing, and rediscover hope.

Meet Our Mental Health Lead,

Healthcare Practitioner: *Mr. Abdul Sherif*

We are proud to have **Mr. Abdul Sherif, RN (Mental Health Nurse)**, as the **Mental Health Lead** for DuMonde Helping Hands Foundation.
Mr. Sherif is a **fully licensed mental health nurse with Vancouver Coastal Health**, bringing years of frontline experience supporting individuals facing anxiety, depression, trauma, and emotional stress.

He works closely with our team to guide program design, provide community education, and ensure that all our initiatives meet the highest standards of mental-health care and ethical practice.

💬 Why Mental Health Matters

Mental health challenges affect **1 in 4 Canadians** each year. Yet many especially **newcomers, refugees, low-income families, seniors, and youth** that struggle in silence because of cultural stigma, financial barriers, or lack of access to care.

Left unaddressed, issues such as **stress, anxiety, and depression** can lead to isolation, substance abuse, or chronic health problems.
At DHHF, we believe that **early support, open dialogue, and community connection can save lives**.

🌈 Our Mental Health Support Programs

1. Community Counselling and Emotional Support

We provide **free, confidential support sessions** for individuals and families experiencing stress, grief, or emotional burnout.
Under the supervision of **Mr. Abdul Sherif**, our volunteers and trained support workers listen with compassion and help connect clients to appropriate professional resources within the Vancouver Coastal Health network.

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2. Youth Wellness and Empowerment Program

Adolescence is a crucial stage for developing self-esteem and coping skills.
Our youth programs focus on:

- Managing stress and anxiety
- Building healthy friendships and boundaries
- Encouraging leadership through volunteerism
- Finding identity and purpose in a diverse community

Workshops and mentorship sessions are co-facilitated by our wellness team and mental-health professionals to ensure psychological safety and positive guidance.

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3. Seniors' Mental Wellness and Companionship

Many seniors face **loneliness, grief, and reduced social connection**.
Our team offers emotional support, friendly calls, grocery delivery, and home visits—helping seniors stay mentally active, valued, and connected to their community.

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4. Refugee and Newcomer Adjustment Support

Moving to a new country can bring **emotional strain, language barriers, and cultural shock**.
We provide culturally sensitive group discussions, mental-wellness workshops, and referrals to settlement services to help newcomers adjust with confidence and dignity.

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5. Workshops, Peer Groups, and Awareness Campaigns

We host regular sessions and events focused on:

- **Stress and anxiety management**
- **Mindfulness and relaxation techniques**
- **Recognizing early signs of depression**
- **Supporting loved ones with mental-health challenges**
- **Suicide prevention and crisis response training**

Each event emphasizes inclusion, empathy, and the power of community healing.

💡 Our Approach: "Mind + Heart + Community"

We believe in a holistic model that integrates **education, empathy, and engagement**.

Mind: Encouraging emotional awareness, mindfulness, and proactive mental-health habits.
Heart: Creating safe spaces rooted in compassion and cultural understanding.
Community: Empowering individuals to help one another, reducing stigma, and promoting connection.

💖 How You Can Help

Together, we can make a lasting difference.

- **Volunteer:** Join our outreach or peer-support teams.
- **Donate:** Help us fund counselling sessions, awareness campaigns, and mental-wellness resources.
- **Partner:** Collaborate with us to bring mental-health education and services to underserved communities.

Your involvement directly supports **mental-health recovery, food security, and community empowerment**.

Need Support?

If you or someone you know is struggling, please reach out:
📧 **help@helphands.org**