



For Immediate Release  
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## Public invited to nominate BC residents who have overcome challenges for a Courage To Come Back Award

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**Vancouver, BC; November 25, 2009** – Coast Mental Health has launched its annual Call for Nominations for the 2010 Courage To Come Back Awards.

The **Courage To Come Back Awards** recognize abilities, celebrate differences and give centre stage to six British Columbians who have overcome tremendous challenges, yet selflessly support others in their communities. They are our loved ones, our neighbours, our friends, who have faced seemingly-insurmountable odds and who have come through with courage, strength, and a drive to help others.

Lorne Segal, Chair of The Courage To Come Back Awards says, “Nominees often tell us they ‘just did what they had to’ but their friends, families and colleagues say they are heroes who inspire them daily. Nominating your friend, co-worker, or family member acknowledges their strength, persistence, and how far they have come.”

Six awards are presented, with one nominee chosen in each of the following categories: Addiction, Medical, Mental Health, Physical Rehabilitation, Social Adversity and Youth (under 22 years as of Dec. 31/09). Recipients will be celebrated at a gala dinner in Vancouver on May 6, 2010.

**Do you know someone who has struggled, achieved, and given back to his or her community? Nominate them today! Each nominee receives a letter and certificate recognizing their outstanding achievement.**

“We are awed by the tenacity of the human spirit as it struggles to triumph over adversity, and we are honored to meet such remarkable people,” adds Mr. Segal.

Nomination forms are available at any Scotiabank branch in BC, online at the Coast Mental Health website, [www.coastmentalhealth.com](http://www.coastmentalhealth.com) and at The Province website [www.theprovince.com](http://www.theprovince.com).

**Nominations deadline is Friday, February 12, 2010.**

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