

Brent Seal Mind vs Mountain 2024 Award



Brent Seal's Story



Brent Seal was driven to provide something positive and meaningful to the community. At the age of 22, he was diagnosed with schizophrenia but rather than give into despair, he made the conscious choice to take his challenges and turn them into opportunities to support himself and others.

He courageously founded a club at SFU promoting mental wellness, became a pillar in the mental health community, and graduated from SFU as valedictorian with a Business Administration degree. He helped run the 'Balancing our Minds Youth Summit' with the Kelty Center and founded the social enterprise Mavrixx, which aimed to empower emerging mental health leaders through uplifting content and training programs. He became an inspirational public speaker and his work helped to start to break down barriers and stigmas within the mental health community.

The outdoors played a fundamental role in Brent's wellness journey. He climbed several of the world's highest and most challenging peaks including

Aconcagua and Denali. Tragically, Brent passed away from a sudden cardiac event while climbing Mount Manaslu in Nepal in September of 2021.

Brent was passionate about mountains and connected these to his mental health work through his Mind vs. Mountain project. This award intends to support a Foundry Youth Peer Support Worker to pursue outdoor activities in their journey towards mental wellness while carrying on Brent's legacy and message of hope to the world.

This award was created by Brent's close friends and family as a way to carry on his legacy and continue to connect with the community that he advocated for and deeply cherished. We want to graciously thank the sponsors of this award- The Vancouver International Mountain Film Festival (VIMFF), Canada West Mountain School, Arc'teryx and FamilySmart.

"Our biggest challenges are in fact our biggest opportunities"



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Inspire others by sharing your mental health & wellness journey.



Award Prizes

- **\$1000 from FamilySmart to be used toward outdoor sports or recreation equipment**
- **Outdoor Sports, Adventure-Based Skills Training or Guiding Courses from Canada West Mountain School**
- **Outdoor Gear swag package**

Note: Prize to be used within 2 years of receipt

Criteria

- **A Foundry Youth Peer Support Worker involved with the Wellness Program, who has supported their health and wellness through outdoor activity (e.g., hiking, rock climbing, skiing, snowshoeing or other outdoor/nature-based activities)**
- **Has lived/living experience with mental health challenges**
- **Is interested in gaining skills/supporting mental health and wellness of others through outdoor sports and recreation**
- **Able to join the Vancouver International Mountain Film Festival in February 2024 (in person or virtually) to receive the award**

How to apply

Audio/video (2-6 minutes) OR written (250-750 words) summary answering the following questions:

- **How has nature and/ or your experience of being outdoors helped you in your mental health and wellness journey? (Please only share what you are comfortable with, you are not required to share any details of your health or social challenges).**
- **Please share how receiving this award would support personal growth, self-advocacy and contributions to others' health and wellness in your community.**

Note: Award recipient will consent to having their name and some background information published on foundrybc.ca and externally.

Timeline

September 22, 2023: Applications open

October 22, 2023: Applications close

November 2023: Recipient chosen and notified

February 2024: Award announced at International Mountain Film Festival

[Click to Apply Now!](#)

or scan the QR code for more information

