

Brent Seal Mind vs Mountain 2026 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"



Brent Seal Mind vs Mountain 2026 Award

Inspire others by sharing your mental health & wellness journey.



Award Prizes

- **\$1000 from FamilySmart to be used toward outdoor sports or recreation equipment**
- **Invitation to the Vancouver International Mountain Film Festival for the award presentation**
- **Outdoor Sports, Adventure-Based skills training Courses**
- **Outdoor Gear swag package**

Note: Prize to be used within 2 years of receipt

Criteria

- You are (or were) a Youth Peer Support Worker with Foundry's Wellness Program.
- You have lived experience with mental health or substance use challenges
- You find connection, balance, or strength through nature or outdoor activity. This could be any means of nature-based activities.
- You want to help others find wellness through nature, movement, and community.
- Are able to join the Vancouver International Mountain Film Festival in February 2026 (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:

- **Focus on your story of how outdoor or nature-based experiences have supported your mental health and wellness journey. (Please only share what you are comfortable with).**
- **Please share how this award would help you grow, build confidence, and support others' wellness.**

**Point form, poem or creative writing is also welcome.*

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

Timeline

November 24, 2025: Applications open

January 9, 2026: Applications close 11:59pm

February 2026: Recipient chosen and notified

February 2026: Award announced at International Mountain Film Festival

[Click to Apply Now!](#)

or scan the QR code [for more information](#)



Commonly Asked Questions

What kind of story should I share?

Focus on your story, there are no right or wrong answers. We want to hear how outdoor or nature-based experiences have supported your mental health and wellness journey. You can discuss how this award would support growth, goals, and support others wellness journeys.

Do I need to be an expert writer or speaker?

Not at all! We want to hear your authentic voice. What matters most is your experience and how nature has been meaningful in your life.

What if I live out of town?

No problem, Foundry may be able to cover some travel expenses to attend the ceremony. If travel expenses can't be covered, there is also an option to attend virtually. The award will be presented in North Vancouver but the recipient is not required to attend the event (if not comfortable/not wanting to travel).

Can I attend the award ceremony with a family member or support person?

Yes! If you attend in person, your family member or support person are welcome to join you.

What if I'm not an experienced hiker or outdoors person?

That's completely okay! How you show up in nature is personal to you. This could involve a walk in the park, sitting by the water, gardening, hiking and much more. Your connection to nature doesn't have to be extreme, just meaningful to you.

How is the recipient chosen?

Recipients are selected based on their personal connection to nature, their reflection on growth and wellness, and how they plan to use the award to support themselves and others.

If I make a video, does it need to be high quality?

Not at all! A video shot on your personal electronic device is completely fine. This importance is the content, not the production value.

Do I need to share personal health or medical details?

No. You only need to share what feels comfortable for you. Your story of how the outdoors and nature-based experiences have supported your health and wellness are what matter most.

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