

Instructions for References

Thank you for providing a reference. Your letter helps us understand the applicant's strengths and readiness for education or training.

Purpose

We are seeking a brief, strengths-focused letter. This is not a clinical or diagnostic assessment.

Who Can Be a Reference

You may be a clinician, case worker, peer support worker, educator, employment counselor, Elder, community leader, or staff member from a community or cultural organization.

What to Include

Please briefly describe:

- How you know the applicant and for how long
- Strengths you have observed
- Growth or effort you've seen
- Why you believe they are ready to pursue education or training

Letters are typically about one page, but shorter letters are welcome.

Please Do Not Include

- Diagnostic details or treatment information
- Assessments of mental health or stability

Plain language is welcome, and there is no required format.

Thank you for your time and support. If you have any questions, please contact us
scholarships@iamentalhealth.ca