



235 Yorkland Blvd., Suite 1201
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BreakthroughT1D.ca



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BREAKTHROUGH T1D CANADA MENTAL HEALTH AND T1D COMMUNITY GRANTS PROGRAM

REQUEST FOR APPLICATIONS

OVERVIEW & OBJECTIVES

One of the primary objectives of Breakthrough T1D Canada's Mental Health strategy is to drive development of new community-facing programs that will support and improve mental health and wellness in the type 1 diabetes (T1D) community. First launched in 2023, the **Breakthrough T1D Canada Mental Health and T1D Community Grants Program** is an incubator initiative that provides seed funding to organizations ready to transform innovative ideas into successful projects designed to support the mental health and wellness of people living with T1D and their informal caregivers (including parents or guardians, grandparents, partners, and other support networks).

The maximum amount per grant is \$35,000. A total of up to ~~\$105,000 CAD~~ \$70,000 CAD (Updated December 15th, 2025) is available through the 2026 Breakthrough T1D Canada Mental Health and T1D Community Grants Program. Grants will be a maximum of 18 months in length, with all project activities expected to be completed in that window.

Support to the T1D community may be provided in a variety of different formats. Projects may take myriad forms including but not limited to:

- access and navigation guidance for mental health systems and supports
- activity-based or creative programming
- education
- mentorship
- peer support
- resources
- workshops, conferences, or events
- other innovative programs

These supports may be delivered in person and/or virtually.



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The T1D community is diverse and includes many subgroups with varying psychosocial needs and challenges. Ideas for initiatives and community support projects that specifically target a high-need subgroup of people within the T1D community are particularly encouraged. Projects with a mental health promotion or prevention focus are also encouraged. Competitive proposals will demonstrate a strong rationale for the appropriateness of the proposed project and its format of delivery for the target audience.

This funding opportunity is **not** intended to support:

- research
- programs that provide support within the health care system (e.g., subsidizing therapy by a mental health professional); however, collaboration with mental health professionals in development of programs is welcome.
- maintenance of a pre-existing or ongoing program with a mental health focus. Development of a new program, or expansion/adaptation of an existing program to include a mental health and/or T1D focus will be eligible.

FUNDING OPPORTUNITY TIMELINE

- **Program Launch** October 1, 2025
- **Registration Deadline**..... January 16th, 2026 (5 pm ET)
- **Application Deadline**..... April 6th, 2026 (5 pm ET)
- **Applicants Notified of Funding Decision** June 1st, 2026
- **Earliest Anticipated Start Date** June 8th, 2026

ELIGIBILITY

Applicant Eligibility

Eligible organizations may submit one application for this opportunity as the lead organization. In addition, organizations may serve as co-applicants on other submissions.

Canadian organizations of the following types may apply:

- non-profit organization
- registered charity
- municipality
- Indigenous organizations including: band council, tribal council, or self-government entity
- research organization or institute
- educational institution
- publicly funded health and social services institution



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A given organization may only submit one application. If an application is submitted by more than one organization for a partnered initiative, a single organization must take the role of lead for the purposes of the application.

Project Eligibility

To be considered for funding, the project should meet the following requirements:

- Aim to support or improve the mental health or wellness of people living with T1D and/or their informal caregivers (including parents or guardians, grandparents, partners, and other support networks);
- Project activities must occur in Canada;
- Include active and ongoing engagement of the T1D community;
- Be a well-defined project that has measurable outcomes and impact;
- Have a description and general understanding of the necessary processes and resources needed to implement and disseminate the program;
- Project must include a strategy for dissemination such as an organizational website, a dedicated microsite, social media presence, a venue appropriate for in-person gatherings, or other avenues for reaching the community. Dissemination via Breakthrough T1D channels to amplify efforts may be explored but should not be relied upon as the primary channel for dissemination.
- Applications must be submitted in either English or French; projects may be delivered in any language as appropriate for the target audience.
- **Must not** be a formal research study or require Research Ethics Board approval to carry out.
- **Must not** claim to give professional, medical, or clinical advice to people without documented oversight by a registered health care professional.
- **Must not** be used solely to purchase equipment or be used for professional lobbying of elected or regulatory officials or fundraising activities.

Breakthrough T1D Canada values diversity among teams and among the projects it supports; projects that take an inclusive approach as well as projects that address the specific needs of a specific sub-group of the population are encouraged.

Potential applicants may contact us at grants@breakthroughT1D.ca to confirm organizational or project eligibility for the program.

ACCESSIBILITY

We are committed to providing an inclusive, barrier-free application process. Please advise if you require any accommodation measures to ensure you will be able to apply. Information received relating to accommodation requests will be treated with confidentiality.



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REGISTRATION GUIDELINES

We encourage all applications to send an email to register interest in this funding opportunity to grants@breakthroughT1D.ca no later than **5:00pm ET on January 16th, 2026**. The registration email should include:

- the name of organization(s);
- project title; and
- a short (less than 200 words) summary of the planned project.

Breakthrough T1D Canada staff will confirm receipt of the registration via email within 3 business days. It is the responsibility of the applicant to contact Breakthrough T1D Canada if a confirmation email is not received. If there are concerns about organizational or project eligibility, they will be communicated to the applicant.

APPLICATION SUBMISSION INSTRUCTIONS

Prospective applicants should submit an application using the template provided: [Application Template](#)

Full applications must be submitted via email to grants@breakthroughT1D.ca by **5:00pm ET on April 6th, 2026**. Registration is not required in order to submit a full application.

Breakthrough T1D Canada will confirm receipt of registrations and applications via email within 3 working days of the deadline. It is the responsibility of the applicant to contact Breakthrough T1D Canada if a confirmation email is not received.

An application will be considered incomplete if it fails to comply with the instructions, or if the submitted material is insufficient to permit adequate review. Late applications will not be accepted.

REVIEW PROCESS & EVALUATION CRITERIA

All applications will be evaluated through a review process. A review panel will make recommendations to Breakthrough T1D Canada staff who will make final decisions on funding. Funding of grants is based on the score awarded to each application and the recommendation of the review panel. All grants are contingent upon the availability of funds.

Key evaluation criteria include:

- Potential for impact on mental health or wellness
- Engagement and involvement of the T1D community in the program
- Appropriateness of the program format for meeting the needs of the target audience



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- Strength of project metrics
- Feasibility & Innovation
- Opportunity for sustainability and scale-up
- Strength of dissemination plan

GRANT FUNDING & REQUIREMENTS

Grants will be subject to a Breakthrough T1D Canada funding agreement. Applicants are encouraged to review the terms of the funding agreement prior to submitting an application. The template funding agreement is available upon request.

PROGRAM CONTACTS

All enquiries related to this program may be addressed to:
Amanda Hailman

National Manager of Mental Health, Breakthrough T1D Canada
grants@BreakthroughT1D.ca

ABOUT BREAKTHROUGH T1D CANADA:

As the leading global type 1 diabetes (T1D) research and advocacy organization, Breakthrough T1D helps to make every day better for those living with the disease while driving toward cures.

Since the discovery of insulin, Canada has remained at the forefront of T1D research. Breakthrough T1D is committed to investing in the most promising research, advocating for progress by working with governments to address issues that impact the T1D community, and supporting individuals facing this disease.

For more information, visit BreakthroughT1D.ca