



Building a Legacy of Hope

When you include the Douglas Foundation in your will or trust, you're giving more than a gift. You're building hope that lasts for generations.

Your legacy helps us push the boundaries of mental health research and care—supporting our efforts in **preventing** mental illness before it starts, making bold new **discoveries** that will transform care, and **modernizing** the Douglas to face the challenges of the next generation.



Douglas
FOUNDATION

MENTAL HEALTH
RESEARCH AND CARE

There are many ways of making a legacy gift, but they don't have to be complicated. Below is some suggested language that you can share with a notary to include a bequest to the Douglas Foundation in your will or trust.

A **Specific Bequest** designates **a specific allocation** from your estate:

"I give, devise, and bequeath [description of asset or dollar amount] to the Douglas Foundation, Charitable Registration Number 10146 9609 RR0001, for its general charitable purposes and greatest needs OR designated to [specific area of research]."

A **Percentage Bequest** designates **a percentage** of your total estate:

"I give, devise, and bequeath [percentage] of my estate to the Douglas Foundation, Charitable Registration Number 10146 9609 RR0001, for its general charitable purposes and greatest needs OR designated to [specific area of research]."

A **Residual Bequest** designates **the remainder** of your estate **after all other specific bequests**, debts, taxes, and expenses are settled:

"I give, devise, and bequeath all [or percentage] of the rest, residue, and remainder of my estate to the Douglas Foundation, Charitable Registration Number 10146 9609 RR0001, for its general charitable purposes and greatest needs OR designated to [specific area of research]."

A **Contingent Bequest** is enacted **only if one or more of your primary beneficiaries do not survive you**:

"If [primary beneficiary] predeceases me, I give, devise, and bequeath their share to the Douglas Foundation, Charitable Registration Number 10146 9609 RR0001, for its general charitable purposes and greatest needs OR designated to [specific area of research]."

Société de l'héritage du Douglas

Douglas Legacy Society

Thank you for your generous support and for considering a legacy gift to the Douglas Foundation. By including us in your estate plans, you'll be invited to join the Douglas Legacy Society—a growing community honouring those who have chosen to make a lasting impact through a bequest, life insurance, or trust arrangement.

To learn more about building a legacy of hope with the Douglas Foundation, or to let us know that you've included the Douglas in your plans, please contact:

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Important Information

Legal Name: Douglas Mental Health University Institute Foundation (or Douglas Foundation)

Address: 6875, boulevard LaSalle Montréal, QC, H4H 1R3, Canada

Charitable Registration Number: 10146 9609 RR0001

Legal Notes

Information included in this document is of a general nature and does not replace professional advice from your financial, insurance and/or legal advisor. Please consult your income tax, financial and/or legal advisors before arranging a planned gift.

All requests for information are confidential