



**Canadian Mental
Health Association**
York and South Simcoe
Mental health for all

**MENTAL HEALTH
IN MOTION**

Mental Health in Motion 2021. Any Time. Any Place. Sponsorship Opportunities



Virtual Kick-Off Event: Sunday, June 13, 2021 @ 9 am

What is Mental Health in Motion 2021. Any Time. Any Place?

Mental Health in Motion 2021. Any Time. Any Place is more than just a run/walk/ride event. It's our opportunity to connect, engage, inspire and succeed...even when we're far apart.

This year we're going virtual!

Mental Health in Motion 2021 will raise critically needed funds to support youth mental health programs and services for young people 12-25 in York Region and South Simcoe.

Youth in our community are counting on your sponsorship support so they can continue to receive the mental health resources and education they really, truly need at this especially difficult time. Youth are suffering because of COVID-19 more than any other group. Our staff are hard at work ensuring that, as our society shifts, mental health education and support stay constant.

The Details

When: Any Time. Participant registration opens January 2021.

Virtual Kick-Off Event will take place on Sunday, June 13, 2021 @ 9am

Where: Any Place. Mental Health in Motion will take place in every community and neighbourhoods across York Region and South Simcoe.

Distance: Run, walk, ride (hop, skip, jump) 100km, 60km, 20km, 5km all at once, or over time. Or, choose your own adventure! We'll provide "Signature Routes" for all distances and participants will be encouraged to post "Bespoke Routes" using the Strava™ app.

Participants: 450+ participants of all ages will get "in motion"

Goal: \$89,000 (net) to fund youth mental health programs



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Your sponsorship will make a tremendous impact!

Sponsoring Mental Health in Motion is so much more than just putting on an event.
Mental Health in Motion keeps young people alive.

You'll save young lives. Suicide is the leading cause of death for young people aged 15-24. MOBYSS (Mobile York South Simcoe) is Ontario's first and only mobile mental health clinic for youth 12-25, either on the road, or providing service virtually, over the phone, and by text,

And that's not all.

In partnership with York Region District School Board and the Simcoe County District School we've been providing digital **Youth Wellness and Youth Mental Health workshops** as part of the school curriculum. If a young person in your life is in need of mental health support, we're here to listen, to support and provide help.

Last year more than 2,500 young people reached out for help information, health support or counselling. This year they need our support more than ever before.

Sponsorship Opportunities 2021

There are options to show your support at every level. We will work with you to ensure your recognition meets your needs and objectives.

	\$5,000	\$2,500	\$1,000	\$500
Recognition Opportunity	Platinum	Gold	Silver	Bronze
Complimentary Jerseys/Tech Shirts	5	3	2	1
Complimentary 1-Hour Workplace Wellness Lunch n' Learn	✓			
Logo on Virtual Participant Bib	✓			
Recognition on Pre-Event Participant E-blasts	✓	✓		
Recognition on Mental Health in Motion Website	✓	✓	✓	✓
Recognition at Virtual Launch Party by MC	✓	✓	✓	✓
Corporate Video Creation for Virtual Launch Party	✓			
Opportunity to Provide Corporate Branded Fundraising Raffle Prize	✓	✓	✓	
Corporate Branded Social Media Posts (February-July)	✓	✓		
Right to Use Mental Health in Motion Event Logo in Sponsorship Advertising	✓	✓	✓	✓
Recognition in all Post-Event Advertising	✓	✓	✓	✓

For more information, or to discuss additional sponsorship opportunities, please contact Catherine Matzig, Senior Director, Philanthropy at 289.879.2450 or cmatzig@cmha-yr.on.ca.

