



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

**MENTAL HEALTH
IN MOTION**



Mental Health in Motion 2023 - Sunday, June 11, 2023

This inspiring morning is so much more than just a run/walk/ride event. It's a powerful opportunity to connect, engage, motivate and support youth mental health in our community!

Mental Health in Motion raises urgently needed funds so that young people aged 12-25 in York Region and South Simcoe have immediate access to MOBYSS (Mobile York South Simcoe), no-cost, in-person (and also virtual) mental health programs and professional support.

This event is made possible by our generous sponsors

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.

***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.***

Event Details

When: Sunday, June 11, 2023, 8am - 1:30pm

Where: Start/Finish at Ray Twinney Recreation Complex, 100 Eagle Street West, Newmarket

Distances: Ride 60 km, 25 km or 5 km | Run 10 km or 5 km | Walk 5km

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

Goal: \$150,000 to keep MOBYSS on the road (and open virtually!) 5 days a week, 52 weeks a year

Registration: Includes route, shirt, bbq and snacks. Register at www.cmhainmotion.ca

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MOBYSS at a Glance



Accessible to youth 12-25, no health card needed, no fees charged, no wait times



First, and only, service of its kind in Ontario



Operates 5 days a week, 52 weeks a year



A visit with the Nurse Practitioner = \$250, compared to a visit to an ER = \$1,500



Is a welcoming, non-judgmental space that promotes wellness and inspires hope and resilience



Specialist care provided by interdisciplinary teams trained in youth-specific mental health and/or addictions



Relieves pressure on hospital emergency departments and provides a specialized care setting



Meets youth where they gather – schools, community centres, shelters – travels to under-served and/or rural areas



MOYBSS relies entirely on philanthropic donations to support the \$350,000 annual operating costs

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Sponsorship Opportunities 2023

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

Recognition Opportunity	\$10,000	\$5,000	\$2,500	\$1,000	\$500
	Presenting	Platinum	Gold	Silver	Bronze
Recognition on all materials as Presenting Sponsor	✓				
Option for Branded Area* at event		✓	✓		
Complimentary Registrations, including Jerseys/Tech Shirts	10	5	3	2	1
Complimentary 1-Hour Workplace Wellness Lunch n' Learn	✓	✓			
Recognition on Pre-Event Participant E-blasts	✓	✓	✓		
Recognition on Mental Health in Motion Website	✓	✓	✓	✓	✓
Recognition at Event by MC	✓	✓	✓	✓	✓
Opportunity to speak at Event	✓	✓			
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	✓	✓	✓	✓	✓
*Branded Areas can include:					
\$5,000: Start/Finish Line BBQ					
\$2,500: Ice Cream Truck Entertainment Kids' Zone Water Station					

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.



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