



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

MENTAL HEALTH
IN MOTION

Presented by **staples** 
the working and learning co.

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



Many of you have requested sample messages to use in your fundraising efforts in support of **Mental Health in Motion 2021**. To help you in your fundraising efforts, we've compiled some messages that you can share via email, text, social media and beyond, with your networks! Just cut and paste, including the link to your donation page. Thank you!

- I was debating whether or not to send this email, given the current situation, but ultimately I decided to because the need for youth mental health support does not stop for anything.

In fact, during times like these, when youth especially are feeling angry, scared, isolated and disconnected, they need MOBYSS – Ontario's first and only mobile youth walk in clinic – and the MOBYSS staff more than ever.

Kids are calling, texting and connecting with them any way they can for counselling, because they're anxious and scared, because they're having suicidal thoughts or having problems with their parents, or living in an unsupportive or dangerous situation.

It's with those kids in mind that I gently ask you to consider making a donation to Mental Health in Motion 2021. You've supported me in the past for **Mental Health in Motion**, and **this year we're going virtual. Even though we can't gather together, we're never far apart.** I'm still committed to raising money to help. You can join me and make your own gift by following this link:

- This year's **Mental Health in Motion** has gone virtual because of the coronavirus pandemic, I'm "getting in motion" in support of youth mental health programs and services like Youth Wellness and MOBYSS to make sure young people in our community still get the mental health support they need, *especially now*. You've supported me in the past, and I wonder if you could make even a small donation to help this year too. You can make your gift by following this link:

If you can't this year, I completely understand and thank you again, from the bottom of my heart for your past support. Best wishes to you and your family.

- To be honest, I feel awkward right now asking for donations – but no matter what's going on in the world, the need for youth mental health programs and services doesn't go away for my family. So, even during these very trying times...or because of these very trying times, I'm participating in the virtual Mental Health in Motion 2021 and continuing to fundraise for MOBYSS – Ontario's first and only mobile mental health clinic for youth 12-25 years old.

Yes, they're working differently, remotely on the phone, by text or Zoom, but they're still working. Every day young people reach out to the staff, needing counselling because they are anxious, angry, depressed, feeling alone, disconnected or suicidal. Because they miss their friends and all the milestones of graduation and school, or their home life in is chaos, or they don't have a home anymore.

Will you help these kids who are hurting? Please consider making a donation:

- You know me – not even a global pandemic will slow me down in my quest to change the world! For many years I've participated in **Mental Health in Motion**, the run, walk, ride event raising money for MOBYSS (Mobile York South Simcoe) – Ontario's first and only mobile health clinic for youth 12-25. With the mental health of kids being at risk EVERY day because of this COVID-19 crisis, we need the MOBYSS team now more than ever.

They're hearing from kids about how scared and desperate they are. How badly they're hurting because of this crisis. Youth mental health is an urgent situation and the nurse practitioners, social workers and peer support workers are giving kids hope, help and life saving support.

Will you consider supporting me in Mental Health in Motion 2021? Any amount helps!

Now more than ever we need to support one another. Not only through social and physical distancing, but by continuing to fund the resources kids need right now to help them through these unprecedented and completely uncertain times.

The weeks and months ahead will be challenging for everyone; let's choose to fill them with hope, connection and help.

What's the #1 reason people give? **Because they were asked!** This year your donations and supporters may be different than before. However, no donation is too small and every dollar raised is a life saving dollar.

Thanking you for your continued support for Mental Health in Motion and Canadian Mental Health Association, York and South Simcoe.