



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

**MENTAL HEALTH
IN MOTION**

Mental Health in Motion 2022.



Many of you have requested sample messages to use in your fundraising efforts in support of **Mental Health in Motion 2022**. 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!

Email #1 – new support

Dear,

As we ease COVID restrictions, we reflect on the impact this pandemic has had on our youth. An alarming number of youth struggled with mental health pre-pandemic and now many more are struggling with the fallout of COVID isolation and fear.

As friends and family, I've shared how much I care about youth mental health programs. I'm reaching out to you today to ask you to support my walk/run/ride at Mental Health in Motion so no young person in York and South Simcoe ever goes without care. No one ever has to feel alone, especially in these unprecedented times.

You can make your donation online by simply clicking the link at the end of this message. If you prefer, you can send a cheque made out to to the address listed below. Please be sure to write Mental Health in Motion and my name in the memo line.

Your page URL

Together we can keep MOBYSS – Ontario's first and only mobile health clinic for youth 12 -25 – on the road. MOBYSS is funded entirely our collective donor dollars and is free to every young person who seeks support from the MOBYSS team.

Let's show our youth how much we care!

With thanks,
Your name

Email #2 –renewed support

Dear,

Youth mental health is important. That is why I am reaching out to you once again. As we witness the fallout of COVID, it's more important than ever that youth in York and South Simcoe have access to MOBYSS – Ontario's first and only mobile health clinic for youth 12 to 25.

Kids are calling, texting and connecting with the MOBYSS team any way they can for counselling, because they're worried and crisis-fatigued, 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 renewing your gift for Mental Health in Motion 2022. This year we're gathering in-person once again to raise \$130,000 for youth mental health. Just imagine the youth who will benefit from proceeds of this event.

I'm renewing my commitment and biking/running/walking on Sunday June 12 to raise these much-needed funds. I would be grateful if you would join me once again as we come alongside vulnerable youth in our community and show them how much we both care!

You can make your donation online by simply clicking the link at the end of this message. If you prefer, you can send a cheque made out to to the address listed below. Please be sure to write Mental Health in Motion and my name in the memo line.

Your page URL

With thanks for your support,

PS. 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.

Email #3- Your donation is critical this year (COVID crisis)

Dear,

You know me – not even COVID-fatigue 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 two-year-long pandemic, 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 global crises and pandemic-fatigue. 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 2022? Your support is critical. Any amount helps!

This is an essential moment to support for one another. Together we can fund the resources kids need to help them through these unprecedented times. Let's take this opportunity to fill them with hope, connection and help.

No donations is too small and every dollar raised is a life saving dollar.

You can make your donation online by simply clicking the link at the end of this message. If you prefer, you can send a cheque made out to the address listed below. Please be sure to write Mental Health in Motion and my name in the memo line.

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

Your name,

[Link to page](#)

Email #3 – Join my team

Dear

This year's Mental Health in Motion is back raising funds for youth mental health, On Sunday June 12, I will be "getting in motion" to make sure young people in our community still get the mental health support they need, *especially now*. I'm so excited to be back in person walking/running/riding with my team (TEMA NAME). We would love it if you joined us. Will you meet the challenge?

At Mental Health in Motion you have the choice to walk or run 5km. You can bike 25 or 60 km and new this year the option to run 10 km. You can even participate virtually if you can't make June 12. Team members are registering now and sharing the event on email and social networks so that together we can raise fund for youth mental health in York Region and South Simcoe.

As COVID restrictions ease, there are so many youth that have spent the last two years in fear and uncertainty. They are waiting for help. Let's take this opportunity to fill them with hope.

We can't do it without you. We need your support! Please consider joining (TEAM NAME), registering as an individual or making a gift to support the team.

Register to be part of the team here and start creating your fundraising page:

Link to team registration page

I'm so looking forward to being together again, showing youth they are not alone and celebrating the critical funds we have raised together.

I hope we see you on June 12.

With thanks,

Your Name

Email #4 – Team Captain

Thank you for being a champion for youth mental health. I'm thrilled you have joined (TEAM NAME) so together we can raise critical funds for youth support programs.

We are getting closer to the event so the time to fundraise is now. Our team has a goal of \$____. Here's how we'll get there:

- If you haven't already, consider personalizing your page and emailing friends and family for support. You can find sample emails and tips for fundraising at www.cmhainmotion.ca
- The more the merrier. Do you know someone who would like to fundraise and participate? Invite them to join our team.
- If you have already sent out emails, follow up with people who have not responded to your request.
- Share this inspiring CBC news story when you ask for support: <https://bit.ly/36sl2DJ>
- If you need any help, please reach out to me or the team at Mental health in Motion (donations@cmha-yr.on.ca)

Now more than ever we need to support one another by continuing to fund the resources kids need to help them through these unprecedented times.

As COVID restrictions ease, there are so many youth that have spent the last two years in fear and uncertainty. They are waiting for help. Let's take this opportunity to fill them with hope.

I'm looking forward to seeing you on June 12 and celebrating all our efforts. It will be great to be in-person once again and show our team spirit!

Link to team page

With thanks,

Your name

Email #5 – Corporate Team

Dear team,

At (COMPANY NAME) we are committed to championing youth mental health. That's why we are inviting you to join our corporate team and participate in Mental Health in Motion. We have partnered with Canadian Mental Health Association of York and South Simcoe to raise funds for youth mental health by walking/running/biking on June 12 in Newmarket.

Funds from Mental Health in Motion raise support 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 two-year-long pandemic, 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 global crises and pandemic-fatigue. 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.

Now more than ever we need to support one another by continuing to fund the resources kids need to help them through these unprecedented times.

Let's show them that the team at (COMPANY NAME) cares. Our corporate fundraising goal is \$_____.

If you are unable to join the team on June 12, please consider:

- making a donation to the team and helping us reach our goal.
- letting others know about Mental Health in Motion at www.cmhainmotion.ca so they can join the team or make a gift (you can forward this email)

We are looking forward to gathering on June 12 and celebrating all our efforts. It will be great to be in-person once again and show our team spirit!

Link to team page

With thanks,

Your name