



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



Email to a New Potential Donor

Email Subject Line: Join Me in Keeping Youth Mental Health Care Free!

Dear NAME,

I'm reaching out to you today with a heartfelt request to support a cause that is incredibly important to me — saving lives by ensuring accessible mental health care for young people in our community.

Will you support me and help save lives? Young people in our community are struggling with their mental health. Did you know 20% of youth will develop a mental illness before they turn 25, and older teens living with depression are twice as likely to drop out of high school compared to their peers without depression?

In response to this critical need, MOBYSS (Mobile York South Simcoe), MOBYSS (Mobile York South Simcoe) has been providing **free, immediate, and non-judgmental mental health care** to youth aged 12-25 in York Region and South Simcoe. MOBYSS is not only a mobile walk-in clinic but also offers virtual support services, ensuring accessibility to care regardless of circumstances.

That's why I've committed to participating in **Mental Health in Motion** on Sunday, June 9.

Please consider making a donation to **support my participation in Mental Health in Motion**, ensuring that no young person in York and South Simcoe ever goes without help when they need it the most.

To donate, please visit my fundraising page at **Your page URL**

Together we can keep MOBYSS in Motion! Let's show our kids how much we care about their well-being!

With thanks,
Your name

P.S. Interested in joining me for the run, walk, or cycle? Mental Health in Motion registration is open at <https://www.cmhainmotion.ca>.

Email to someone who has donated to you before

Email Subject Line: Please Join Me Again in Keeping Youth Mental Health Care Free!

Dear NAME,

You generously supported me at Mental Health in Motion before, and I hope I can count on your support again this year!

Young people in our community are struggling with their mental health. Did you know 20% of youth will develop a mental illness before they turn 25, and older teens living with depression are twice as likely to drop out of high school compared to their peers without depression?

In response to this critical need, MOBYSS (Mobile York South Simcoe), MOBYSS (Mobile York South Simcoe) has been providing **free, immediate, and non-judgmental mental health care** to youth aged 12-25 in York Region and South Simcoe. MOBYSS is not only a mobile walk-in clinic but also offers virtual support services, ensuring accessibility to care regardless of circumstances.

This year, I'm once again participating in **Mental Health in Motion**, scheduled for Sunday, June 9, to further support MOBYSS and the vital services it provides.

Please consider making a donation to **support my participation in Mental Health in Motion**, ensuring that no young person in York and South Simcoe ever goes without help when they need it the most.

To donate, please visit my fundraising page at [Your page URL](#)

Thank you for supporting me in the past, and I'm hopeful that I can count on your generosity once again!

Together we can keep MOBYSS in Motion! Let's show our kids how much we care about their well-being!

With thanks,
Your name

Interested in joining me for the run, walk, or cycle? Mental Health in Motion registration is open at <https://www.cmhainmotion.ca>.

Email to ask others to join your Mental Health in Motion team

Email Subject Line: Let's Team Up to Save Young Lives!

Dear NAME,

I'm reaching out to invite you to join my team for Mental Health in Motion this year!

Young people in our community are struggling with their mental health. Did you know 20% of youth will develop a mental illness before they turn 25, and older teens living with depression are twice as likely to drop out of high school compared to their peers without depression?

In response to this critical need, MOBYSS (Mobile York South Simcoe), MOBYSS (Mobile York South Simcoe) has been providing **free, immediate, and non-judgmental mental health care** to youth aged 12-25 in York Region and South Simcoe. MOBYSS is not only a mobile walk-in clinic but also offers virtual support services, ensuring accessibility to care regardless of circumstances.

Mental Health in Motion is a fundraising run, walk or cycling event that raises funds to keep this critical health care service open 5 days a week, 52 weeks a year.

You can **walk or run 5km OR you can bike 20km or 60km** – there's something for everyone at this family-friendly event!

By joining our team, you'll not only be participating in a meaningful cause but also spreading awareness about youth mental health in our community. Together, we can ensure that no young person in our community goes without the mental health care they need when they need it most.

Please consider joining my team INSERT TEAM NAME at <https://www.cmhainmotion.ca> today!

Can't make it? Please consider supporting my fundraising efforts by making donation here:
Your page URL

Together we can keep MOBYSS in Motion! Let's show our kids how much we care about their well-being!

With thanks,
Your name

Email to ask your colleagues to support Mental Health in Motion

Emil Subject Line: Join Our Corporate Team - Together we can Save Young Lives!

Dear team,

At INSERT COMPANY NAME, we are dedicated to supporting youth mental health, and we invite you to join our corporate team for **Mental Health in Motion**. We have partnered with the Canadian Mental Health Association, York and South Simcoe, to raise funds for youth mental health by participating in a walk/run/bike event on Sunday, June 9 in Newmarket.

The funds raised from **Mental Health in Motion directly support MOBYSS** (Mobile York South Simcoe) — Ontario's first mobile health clinic for youth aged 12-25, ensuring that this critical and life-saving service remains free for our young people.

Mental Health in Motion offers participants the choice to **walk or run 5km OR bike 20km or 60km** — there's something for everyone at this family-friendly event!

Teams are already registering and spreading the word through email and social networks to raise critical funds for youth mental health. It's our collective effort to ensure that no young person in our community goes without mental health care when they need it most.

Let's demonstrate to our youth that INSERT COMPANY NAME cares. Our corporate fundraising goal is \$XX. You can join the team by visiting our team page here [Link to team page](#)

If you are unable to participate on Sunday, June 9, please consider:

- Making a donation to the team and helping us reach our goal
- Sharing information about Mental Health in Motion at <https://www.cmhainmotion.ca> with others, so they can join the team or make a contribution (feel free to forward this email).

We're excited to take on this challenge together and celebrate all our efforts to make a positive difference.

With thanks,
Your name