



**MONTREAL WALKS**  
FOR MENTAL HEALTH



## **SPONSORSHIP REQUEST**

**October 14<sup>th</sup> 2018, 11am**  
Place Émilie Gamelin





# *Celebrating*

10 YEARS OF HOPE

10 YEARS OF ADVOCACY

10 YEARS OF PASSION

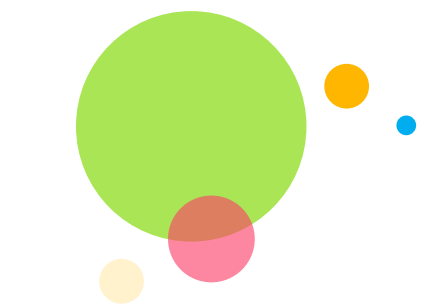


# Our 10<sup>th</sup> Annual walk

Montreal Walks for Mental Health is an annual 2 kilometre walk organized by the Montreal Walks for Mental Health Foundation. Every fall, walkers take to the streets of downtown Montreal to help increase public **awareness** about mental health and **eliminate stigma** and **discrimination** towards people living with mental illness. The walk is also an opportunity to raise funds for organizations providing mental health services.







Montreal Walks for Mental Health Foundation wants to invite all citizens and organizations on the Island of Montreal to join them to walk and raise money for organizations offering mental health services in the community.

Each year, the Foundation awards grants to non-profit organizations to support them in setting up an activity or a project.





## 2017 Grant recipients

Every year, the Foundation awards grants to non-profit organizations that provide mental health services on the Island of Montreal.

**In the past four years, the Foundation has contributed a total of \$70,800 to local community organizations,** helping them to provide much needed mental health services throughout Montreal.

MUHC - THE RECOVERY TRANSITION PROGRAM  
FRIENDS FOR MENTAL HEALTH  
COMPEER  
CENTRE DE SOIR DENISE MASSÉ  
CUMMINGS CENTRE/OMETZ

# 2017 Participating Teams

ACSM - Filiale Montréal

Anne's House

Black Mental Health Connections

Canadian Psychotherapy Association  
(CCPA)

COMPEER

CUPA - Concordia Undergraduate  
Psychology Association

Expression Lasalle

Friends for Mental Health

GROUPE PART

Jack.org Project  
(Concordia University)

Maison Lucien L'Allier

MINDSTRONG

Montreal Children's Hospital,  
Psychiatry

Nazareth House

Ometz

PCEIM

PORTAGE

Projet Pal

Projet Suivi Communautaire

RACOR

Recovery Transition Program (RTP)

REVIVRE

Rock Fest pour la Santé Mentale

Santé Mentalité

SQS

St. Mary's Day Hospital

STEPP vers la santé mentale

UpHouse

West Island Walk for Mental Health  
coordinating team

Westmount Psychological Services





*“With our limited resources, we could never have organized an event of this calibre on our own. We are therefore delighted that this year’s Walk was structured to allow Our Harbour to maximize the fundraising and community-building potential of this event.”*

– Catherine Gilbert, President of *Our Harbour*





# Startling Statistics



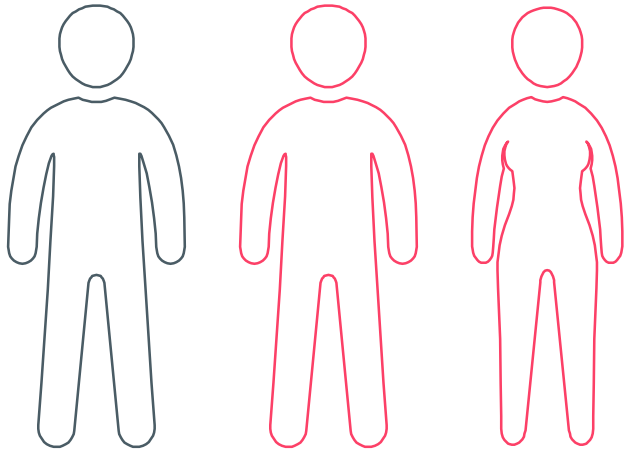
1 in 5 Canadians will have a mental health problem in their lifetime.

- 90% of people who commit suicide have a mental health problem

In Montreal, **29% of the population** will experience major depression, anxiety disorders, or substance use disorders.

- In proportion, more people between the ages of 45 and 64 will suffer from an episode of major depression during their lifetime than people aged 65 and over
- People with a mental disorder or substance use disorder are more likely to develop a health problem.

# Asking for Help



Two out of three people suffer in silence for fear of being judged and rejected.

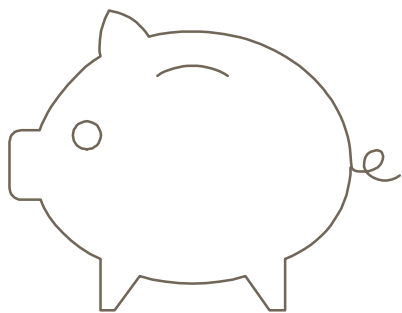
- A person with bipolar disorder will spend an average of **8 years** seeking help before getting it
- **90%** of people suffering from depression will never ask for help
- Only 63% of people hospitalized for depression had a follow-up appointment with a physician within 30 days of discharge from the hospital compared to 99% of people with a heart problem.

# Financial impact for our society



Every year, 20% of Canadian workers develop an illness related to stress. By 2020, depression is expected to become the second leading cause of disability in the world. Mental health problems are top of the list of reasons for short and long term claims for invalidity benefits for more than 80% of Canadian employers.

# Financial impact for our society



**\$ 34,418**

Annual cost to support a person suffering from serious mental illness in the community

**\$ 170,820**

Annual cost to keep a person with serious mental illness in the hospital

Canada spends just a bit over 7% of its health budget on mental health, which is well below the 10-11% spent by countries like New Zealand and England.



To anyone suffering  
with MENTAL ILLNESS

You are one Badass ♡  
mother fu\*\*\*r bcuz

Nothing is more terrifying than  
battling with your own mind

Every Single Day ♡

-Anxiety  
-OCD  
-BPD

## Walking for Hope

80% of depressed people respond well to treatment

- Exercise is a recognized way to reduce the symptoms of anxiety, depression and panic disorder
- The first recommendation of users and families to professionals of the health working with people with schizophrenia: Feed hope, learn the principles of recovery and promote them.

**Be part of the solution,  
show your support!**

Your financial contribution will **make a big difference** in the lives of people with a mental illness and in the fight against stigmatization.



# We offer 4 levels of Sponsorship

Titleship	Presenter	Collaborator	Friend
\$10,000	\$5,000	\$2,000	\$500
<p>Name in the event title</p> <p>Logo (Level 1) in all digital and printed communications (website, social media, emails to participants, posters, banners)</p> <p>Name mentioned in all press releases</p> <p>Kiosk on site</p> <p>Speech before the walk</p>	<p>Logo (Level 2) in all digital and printed communications (website, social media, emails to participants, posters, banners)</p> <p>Name mentioned in all press releases</p> <p>Kiosk on site</p> <p>On site mention</p>	<p>Logo (Level 3) in all digital and printed communications (website, social media, emails to all organizations and participants, posters, banners)</p> <p>Kiosk on site</p> <p>On site mention</p>	<p>Name in digital communications (website)</p> <p>On site mention</p>



# Contact us to discuss how you'd like to support this event!

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for Mental Health Foundation

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