



# The Ride for Mental Health

## A CROSS CANADA BIKE RIDE

May 20, to August 29, 2009

To Raise Awareness about Mental Illness and

To Raise Funds to support Mental Health Programs helping people living with mental illness

### FACTS ABOUT MENTAL ILLNESS

One in five Canadians will experience a mental illness in their lifetime

By 2020 depression will be a leading cause of disability worldwide, second only to heart disease

8% of Canadians will experience a major depression in their lifetime

Women are twice as likely as men to experience depression

3% of women and 0.3% of men are affected by an eating disorder in their lives

Suicide accounts for 24% of all deaths among Canadians 15-24 years old and 16% of all deaths 25-44

Psychiatric claims are now the fastest growing category of long term disability

Annual loss to the Canadian economy due to mental illness is \$33 billion

There is hope and there is recovery. Mental Illness can be treated.

**Mental Illness** indirectly affects all Canadians either through a family member, a friend or a colleague. One in five of us will personally experience a mental illness in our lifetime. People experiencing a mental health issue not only have to cope with their illness but have to cope with the stigma surrounding mental illness. They are often afraid to disclose their condition for fear of discrimination. Stigma is reported to be the greatest barrier to seeking treatment for mental illness. It is a hidden disease with a devastating impact on people's lives, their families, their careers and society as a whole. Despite all this many people still know very little about mental illness.

Awareness Works to reduce the stigma of Mental Illness and to promote acceptance and understanding within the community. The good news is that there is hope and there is recovery. Mental Illness can be treated,

### About The Ride for Mental Health

Mel Thompson, an individual whose family has been affected by mental illness, will ride his bike across Canada in the summer of 2009. The Ride will start in Vancouver on May 20th and finish in St. John's Nfld. on August 29th. In selected towns and cities along the way there will be a series of events designed to build mental health awareness and acceptance. The ground swell of support will grow with every kilometer.

### Where your money goes

The money you raise for The Ride for Mental Health will benefit mental health agencies in your community that provide programs and services to support people living with mental illness. The Canadian Mental Health Association has branches in 135 communities across Canada providing valuable services for people with mental illness. There are many other organizations across Canada dedicated to helping people with mental health issues. If you know of a registered charity providing mental health services in your community that you would like us to consider please let us know.

**Awareness Works. Together we can make a difference.**

For more information log on to our website at [www.therideformentalhealth.org](http://www.therideformentalhealth.org)

*Yes, I would like to Raise Awareness about Mental Illness and Support Mental Health Programs in My Community by donating to*

### The Ride for Mental Health

Payment Details: a cheque is enclosed for: \$500 \_\_\_\_\_ \$250 \_\_\_\_\_ \$150 \_\_\_\_\_ \$100 \_\_\_\_\_ \$50 \_\_\_\_\_ I prefer to donate \$ \_\_\_\_\_

A tax receipt will be issued for the full amount by the registered charity selected below

Donor's First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Prov \_\_\_\_\_ Postal \_\_\_\_\_ Phone \_\_\_\_\_

Please direct my donation to support programs at:

- ❖ my local branch of the Canadian Mental Health Assoc: family & public education \_\_, peer support groups \_\_, youth programs \_\_, workplace workshops \_\_, housing services \_\_, multi cultural initiatives \_\_, employment services \_\_, or the area of greatest need \_\_.

-OR-

- ❖ the following mental health registered charity:

Please make cheque payable to:

The Ride for Mental Health and mail with form to: 20 Bloor St. East, P.O. Box 75138, Toronto, ON, M4W3T3

For more information see website [www.therideformentalhealth.org](http://www.therideformentalhealth.org), or phone 416-731-9988