

# Will You 'Build Up' Youth With Us?

By donating to MiND-AID, you will be helping us provide youth with "Tools" to help them on their journey to Mental Wellness.



THIS CAMPAIGN WAS INSPIRED BY A QUOTE FROM ONE OF THE YOUTH WE SUPPORTED:

After all this time of being helped by MiND-AID, I finally realized what you guys do.

MiND-AID is like a tool box, you can pull so many tools out of this small box and it never seems to run out, the possibilities are endless.

You provide the right equipment to get the job done, and no matter what gets in the way you find a new path and the perfect tool to bypass the problem.

The right tool makes the biggest difference, you can't put a nail in with a screwdriver.

Thank you for being my handy dandy tool box, I will always need the tools you provided.

# WE'RE INVITING YOU TO HELP US ENSURE OUR LOCAL YOUNG PEOPLE HAVE ALL THEY NEED TO FEEL AND BE THEIR BEST SELVES.

## Why?

Just like with any building project, a young person requires the right tools and guidance to be successful in building their own self. Supporting mental health and wellness is foundational. Here are some scary facts:

- 70% of mental health issues begin in childhood or adolescence.
- Approximately 1 in 5 children and youth in Ontario have a mental health challenge.
- Over half of Ontario students report symptoms of anxiety and depression.
- High-risk behaviors have increased, with non-prescribed opioid use among youth rising and emergency department visits for mental health disorders increasing.

**Your Donation would:** - Invest in local youth, our nieces & nephews, our young neighbours  
- Support the next generation to create a healthier community

Mental health support at the right time can change the entire trajectory of a young person's life. Without it, the cost shows up later in lost potential, workplace challenges, families and relationships under strain, substance abuse, self harm or worse.

## What?

MiND-AID supports 500+ young people and parents/guardians annually and we do not receive any long term funding.

We exist because of donations and grants alone!

We're raising dollars to ensure local youth and young adults can continue to access the right mental health support when they need it, not months or years later.

## How?

Your financial contribution will support our small but mighty team of System Navigators, our new Mobile Youth Wellness Hub and will provide Therapy Funds to help young people get the specialized care they would not otherwise access.

### DIFFERENT LEVELS OF CONTRIBUTION



## In Return We Will...



Hunters Bay Radio - Listen Live  
Muskoka's Local Alternative  
muskokaradio.com

- Talk about your contribution live on-air **MAY 1<sup>st</sup>** at our upcoming **Radiothon** on **Hunter's Bay Radio!!!**
- Include your name, logo and a link to your business website on a **CONTRIBUTOR** page on our website
- Thank you or your company/team on our social media platforms
- Send you a **Charitable Tax Receipt**
- Provide you with a fun **CONTRIBUTOR BADGE** for you to post on your website and in your shop, so locals know you care!
- Promise you that your dollars will be used responsibly to reach youth in need!

Do you want to talk more about this campaign, your participation on our Radiothon May 1st, or how we can partner to support youth in need?

Contact our Executive Director Jody anytime at [hello@mindaidsuskoka.com](mailto:hello@mindaidsuskoka.com) or **844 646 3243**

If you want to learn more about the work we do, visit our website: [www.mindaidsuskoka.com](http://www.mindaidsuskoka.com)

Or **DONATE** whatever you can now through our secure Canada Helps Page:

<https://www.mindaidsuskoka.com/donate>

By cheque mailed to: **PO Box 439 Omeme, ON K0L 2W0** or By e-transfer to: [hello@mindaidsuskoka.com](mailto:hello@mindaidsuskoka.com)

It takes a village to raise young people up with the best support possible...

Our local young people need our community to work together to ensure they get everything they need to grow up into the best versions of themselves.

We hope together we can **BUILD** them up!

Jody North, Executive Director