

Supporting Mental Health in our Community

About Mental Health Services at Markham Stouffville Hospital

Markham Stouffville Hospital is a leading mental health treatment centre in York Region, and specializes in community integrated mental health. With psychiatrists who have cross-appointments with CAMH, Queen's University, McMaster University and the University of Toronto, MSH is committed to providing a comprehensive continuum of care, and believes that breaking down the barriers of stigma will help ease the suffering. Due to a combination of socio-economic factors in York Region – one of Canada's fastest-growing areas — the community is at risk for anxiety, depression, addictions and suicide.

"At MSH, mental health treatment is front and centre. In our quest to protect against stigma, we aim to offer a counter narrative to stigma, through educational events and community-based initiatives and care," says Dr. Rustom Sethna, Chief of Psychiatry at Markham Stouffville Hospital. "While mental illness can significantly impact one's ability to succeed in life, early intervention opens up many opportunities for wellness and a better future. In the treatment of cancer and other serious illnesses, early intervention is not just accepted, it's the norm. We must continue to ensure that everyone who is facing challenges with their mental health can get the care and support they need, when they need it."

Funding from the 2017 Ride for Mental Health enables Markham Stouffville Hospital to address the mental health crisis in York Region through its delivery of evidence-based therapy and innovative services and care. These services range from individual, group and family therapy sessions as well as art therapy, music therapy, yoga and wellness — all of which support a holistic approach to wellness for individuals treated in our inpatient and outpatient programs.

The Ride for Mental Health ensures that every person cared for at Markham Stouffville Hospital is supported on their path to mental health wellness.

Mental Health: Did You Know?

1 in 5
people will
experience
mental
health
illness

By age 40,
about **50%** of
the population
will experience
mental health
illness

The economic
burden of mental
illness in Canada
is estimated at
\$51 billion/year

70% of mental
health problems
have their onset
during childhood
or adolescence

3.2 million
young people ages
12 to 19 are at risk
for developing
depression

Statistics from Canadian Mental Health Association and
Centre for Addiction and Mental Health



MSH CONTACT INFORMATION

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Charitable Registration No: 13064 3620 RR0001

2017 RIDE FOR MENTAL HEALTH • AUG 25-27

Benefiting Markham Stouffville Hospital



Thank you for your interest in supporting the **Ride for Mental Health** – a 3 day bike ride from Markham to Montreal to raise awareness and funds for mental health care at Markham Stouffville Hospital. Government can't fund all equipment and other priority needs, that is why your donation towards this fundraising event is so vital and so very appreciated. The future of Markham Stouffville Hospital includes the promise of continued excellence, patient-centered care and innovation. Your generous gift ensures that everyone who relies on MSH for mental health care can access the care they need and deserve.

Benefits of Supporting the 2017 Ride for Mental Health

- A charitable tax receipt (or business receipt) in accordance with Canada Revenue Agency will be provided for monetary donations of \$20 or more supporting the 2017 Ride for Mental Health
- Donors supporting the 2017 Ride for Mental Health will have their name listed in a post-event half page coloured AD to run in the local Markham Economist & Sun (Recognition name will be indicated from completed donation form unless you prefer to be recognized anonymously)
- Donations of \$10,000 made payable to Markham Stouffville Hospital Foundation will receive recognition on the Hospital's Donor Wall
- With your generosity, the highest quality care and support for those struggling with mental illness will remain a cornerstone of our community — for generations to come.

Thank You for Giving Back to Your Community Hospital.

Thank you for helping ensure excellent health care for the thousands of patients and families who rely on Markham Stouffville Hospital, today and in the future.



Donate to Support Mental Health Care Today!

The online donation page for this event is being developed. Please consider making an offline donation today by cash or cheque made payable to Markham Stouffville Hospital Foundation.

For a donation form please contact Neil Mitchell at Neil.Q.Mitchell@marsh.com or 416-578-0302

THANK YOU FOR YOUR SUPPORT.