



A virtual evening to support
mental health.

Thursday, February 18, 2021 at 6:30 pm

SPONSORSHIP PLAN – 2021

Under the chairmanship of:

Olivier Desmarais

Chairman and CEO of Power Sustainable Capital

Adriana Embiricos Coumoundouros

Consultant

Mark Smith

President, Pandion Investments Ltd

PRESENTED BY

Douglas
FOUNDATION
FOUNDATION

Open Minds 2021

A virtual evening to support mental health.

Since 2017, our festive evening has raised nearly **\$2,400,000** for mental health. Now, more than ever, we need your help to build hope for those suffering from mental illness.

Join us for:

- Dinner prepared by Beatrice Traiteur, delivered to you at home.
- Live streaming music by DJ Jojo Flores.
- Dancing, because it's good therapy!

Why we need to support mental health

Covid-19 continues to cause pronounced mental-health concerns,

including suicidal thoughts and feelings, fear for the future, and an overwhelming dread that circumstances might not return to normal for years. This winter will be particularly challenging for teens and young adults, those who live alone, seniors, vulnerable individuals and people suffering from mental health problems.

The Douglas Institute observed an overall rise of **69% in the number of mental health service requests in the last years**. According to a recent survey done September 2020, 46% of youth aged 18 to 24 in the Montreal region were experiencing symptoms compatible with generalized anxiety or major depression.

Youth Mental Health

An estimated 1.2 million young Canadians are affected with some type of mental illness and 70% of these mental health problems start before the age of 25. At the Douglas Institute, we believe the fight against youth mental illness begins with building hope, one young patient at a time. We connect our patients with a multi-discipline team of mental health experts, who can address their needs with leading-edge treatment and support.

The Douglas Foundation is at the forefront of understanding this spiraling crisis and **bringing urgent care to those in need**. With under 5% of government funding going to mental health, private sector support is crucial.

By contributing to Open Minds you are helping to reduce the stigma of mental illness and giving one more person a chance to reclaim their dignity, their purpose.

Funds raised will be used to fulfill the mission of the Douglas Foundation. Mental health is an important component of overall well-being. **It touches everyone.**

Wear your favorite jeans, slip into your most comfortable dance shoes and join us for music, dancing and dinner at home, in support of mental health. We hope to see you virtually in large numbers!

Sponsorship Plan

		 TITLE SPONSOR \$50,000	 GOLD \$25,000	 SILVER \$10,000	 BRONZE \$5,000
MEETING & VISITS	Interactive Zoom conference with researchers on a mental health topic of your choice	 2 CONFERENCES	 1 CONFERENCE		
VISIBILITY	Virtual recognition by DJ				
	Logo display throughout the event				
	Logo on all dinner collaterals			 ONLY ON NAPKINS	
DINNER BOXES	Dinner boxes included with sponsorship	 16	 10	 8	 6
WEBSITE OF THE EVENT		LOGO + LINK	LOGO + LINK	LOGO + LINK	LOGO + LINK
SOCIAL MEDIA	  	PERSONALIZED AND SPONSORED POST	PERSONALIZED PUBLICATION	RECOGNITION	RECOGNITION
PRESS RELEASE		LOGO	LOGO	MENTION	MENTION

Delivery possible on the island of Montreal only.

Information

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514 762-3003

The Eating Disorders Program (EDP) at the Douglas Institute is internationally recognized and sees close to 450 patients every year. It is the only program in Quebec that offers continuous and uninterrupted care of adolescents, right up to adult age.

Your generosity at work

Every gift made to the Douglas Foundation is essential to building a better world for people living with mental illness. Money raised goes towards the innovative work of our clinicians and researchers, making concrete steps to help those who suffer as well as their families. Covid-19 places a severe strain on our resources and services, but thanks to the incredible support of our donors and partners, we have continued to provide the best possible mental health services in these difficult times.

Some of our recent achievements

- **Exceptional care** for psychiatric patients diagnosed with Covid-19 from across the island of Montreal.
- **Personal protective equipment** for our front line workers when it was scarce, including hundreds of N95 masks, regular masks, and safety goggles, as well as over 1500 pairs of gloves.
- **Make it possible** for patients to stay in touch with their loved ones during confinement by supplying iPADS with Internet access.
- **Support frontline staff** working on COVID-19 units with meals, healthy snacks and countless cups of fresh coffee.
- **Help better understand the impact of the pandemic** on mental health by supporting a study done in partnership with the Centre for Canadian Studies and Leger Marketing.

Your support makes all of this, and so much more possible. Thank you!

The Douglas Institute

Affiliated with McGill University, the Douglas Mental Health University Institute offers bilingual services to more than **10,000 patients each year**; 1,800 of them are pediatric patients who need help to reinsert themselves into society and lead a better life. In the last eight years, we observed a 122.5% increase in admissions for young patients under 25; emergency room visits have also increased by 42.4% for the same population.

We need to act now.

The Douglas Institute Research Center is the **second largest mental health research centre in Canada and the biggest in Quebec**. The Douglas Institute has a unique position in basic, clinical and psychosocial research that puts it in the best environment to find innovative answers to challenges in mental health.

Help us now to build hope for our youth and every person that is suffering from mental health problems during this pandemic.