



**WHY?**

- \* Suicide is the 2<sup>nd</sup> leading cause of death among youth. Only motor vehicle accidents kill more.
- \* Suicide is preventable. 90% stem from treatable mental illness.
- \* Mental illness is among the most poorly funded and resourced areas of health care.
- \* Each suicide has a huge impact on family, friends and the community. Permanently.

On February 14, 2005, Cameron Harris, age 19, took his life.

**OUR RESPONSE**

**The Team Unbreakable Running Program.**

A program for youth that is **easy to deliver, affordable, and effective.**

Modelled after the teen therapy running program at Credit Valley Hospital, Team Unbreakable uses running to engage youth, educating them about better mental health, life skills and providing them with tools to better cope with stress.

**For Schools:** a school “team” that anyone can join, learn to run in a safe, supportive group environment, learn about healthy physical/emotional functioning, and have fun!

**For Hospitals and Community Health Centres:** a clinical program treating diagnosed youth through team-based running with individual goal setting.

The research is **compelling**, and the body of understanding growing.

*“Physical activity has been consistently shown to be associated with improved physical health, life satisfaction, cognitive functioning, and psychological well-being.” (Carek PJ, 2011)*

**RESULTS**

- \* From ZERO to over **forty school programs** in just over two years.
- \* **Endorsed**/approved by all four Halton and Peel School Boards.
- \* **Integrated** into the schools’ mental health strategies.
- \* **Partnerships** with dozens of hospitals, community agencies and Family Health Teams.
- \* **Thousands** of youth participating.

Team Unbreakable is **growing, exciting, and proven.**

It translates perfectly into virtually ANY school board and in many clinical settings.

CameronHelps *will be* a national organization in three years because we have the passion and program to make it happen.

Our roadblock is **funding**. However, the cost to deliver the Team Unbreakable program is only **\$150 per youth** or *about the same cost as one hour of private therapy*. A typical **school** program costs **\$3400**, and it reaches about 1000 youth and their families. \* *It’s easy to make a significant difference in one life or a community.*

**REQUEST** Help us “Save one life at a time”.

One in four youth deaths are the result of suicide.



Physical health for mental health.

“Running makes me feel unbreakable”  
Hailey Walsh, Survivor

**Expenses 2014**

