

**1 million ways you've driven change**

1 message

**Partners for Mental Health** <partners@partnersformh.ca>  
Reply-To: Partners for Mental Health <partners@partnersformh.ca>  
To: Krystle Kung <krystle.kung@gmail.com>

Thu, Sep 7, 2017 at 11:14 AM



Dear Krystle,

Oftentimes we may ask ourselves if we're actually making a difference.

As I look back on the five years that Partners for Mental Health has been in existence, I truly believe the answer is yes – and it's thanks to your efforts as a supporter of our organization and the mental health cause.

Check out the impact we've had >



**Here are some highlights:**

- We've catalyzed **over 1,000,000 actions** by our supporters.
- We gathered **116,000 petitions, pledges and declarations** in support of change.
- We engaged **more than 450 workplaces** through the *Not Myself Today*® program.
- We've distributed **over 17,000 toolkits & resources** through our campaigns.

[Learn More >](#)

I'm incredibly proud of everything we've achieved together in support of mental health. I hope you will continue to speak up, get involved and take action to help create a new state of mind in Canada.

Thank you for a great five years, Krystle.

Jeff Moat  
President, Partners for Mental Health



Partners for Mental Health is a national charity accredited by Imagine Canada© Standards Program that aims to improve mental health by mobilizing and empowering Canadians to effect change. Learn more at [www.partnersformh.ca](http://www.partnersformh.ca).

Charitable Registration Number: 845551605RR0001