



Algoma Family Services

FOUNDATION

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"We are all faced with a series of great opportunities brilliantly disguised as impossible situations."
Charles Swindoll

November 20, 2009

Dear Friend,

We think you've got what it takes to make a difference. In the course of this brief letter we will show you exactly why.

"It takes a village to raise a child," says the proverb. There are children who you may know who would benefit from the strength of a community standing behind them. From what we witnessed, Sault Ste. Marie is a caring compassionate "village".

Not long ago, you welcomed us as we shared our personal story of dealing with mental illness and our passion for bringing this subject into the light. When we spoke at the Algoma Family Services awareness event and youth rally in September we were impressed by the number of people who freely shared their personal stories of depression, anxiety and panic attacks.

It proved what we now know...that mental illness is everywhere. Perhaps the most stunning statistic to us it that 70% of mental illnesses begin in childhood and adolescence. Yet, only 1 in 6 of these children and youth receive treatment for it. This is a real tragedy. That is why we must support the organization that works tirelessly to help young people in Sault Ste. Marie and the Algoma District.

You do have what it takes. If you have \$10 - \$50 - \$75 - \$100 or more to share with youth in your neighbourhood, there is no better investment for you than to give to the Algoma Family Services Foundation.

It doesn't take much; it just takes many to make a difference. That's why your support is so crucial.

It wasn't long ago that Catherine had to make the choice to be honest about her mental health issues. When she was experiencing panic and anxiety attacks, she was quick to seek help.

Weeks before, she had spent nearly a month at home, unable to go to work or do anything outside the house. She was paralyzed, not physically - mentally.

over please....



Luckily, we were able to seek the help she needed and just like a physical injury, she slowly began to mend. Anxiety and panic are things she will always have to deal with in her life but the treatment she has received has made it much better. This is what drives us to spread the word and muster support from people like you.

Imagine a child living on your street or around the corner. Her network may not be as strong as Catherine's. She may not even know of the resources available to her, or maybe she is afraid of the stigma of having a *mental illness*. Should we let her suffer, when we know full well that something can be done to help?

Of course not. It is time we demand proper mental health care and treatment. It is a critical health care issue and you can do something about it, as early as today.

You can make a difference for so many kids who are suffering; you just have to say yes and start with a donation to the Foundation.

All the money you give goes directly towards helping the children and youth right here in the Algoma District. You may be helping a young boy in Blind River, an entire family a few blocks away or a single mother who works at the store where you shop.

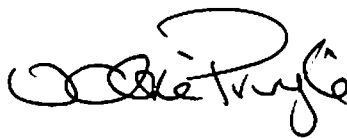
The money stays here; your support helps at home.

We would like to thank the people we met in Sault Ste. Marie; their stories of success inspired us to continue our path towards making the stigma of mental illness a thing of the past.

Sincerely,



Catherine Pringle



Valerie Pringle

P.S. There is nobody more important than our youth. We have to do everything we possibly can to help young people close to us and in the community at large. Mental health care for young people is underfunded; a shame since we know treatment works.

There is no issue that needs our attention more than mental health. It is the silent disease nobody talks about. We intend to talk about it and we hope that you join the conversation with your gift to the Algoma Family Services Foundation.