

ORGANIZE A FUNDRAISER

Do you want to restore hope
to teenagers in distress?

You can help in a concrete way
by organizing a fundraiser on our behalf.



WHY ?

Your donations make it possible to:

- Raise awareness among our teenagers with our mental health workshops.
- Equip teachers and parents to build a caring community.
- Increase our scope of action and ensure the sustainability of the foundation.
- Along with helping young people, giving feels good!
- You'll receive a tax credit for your donation!



INTERESTED ?

Here's how to organize
a **fundraiser** in 5 steps :

- 1 **Define your idea**
(type, target audience, financial goal).
- 2 **Submit it to us:**
fill out this online form
as soon as possible.
- 3 **Make some noise!** Spread the word
about your event (social media, etc.)
so your loved ones and acquaintances
will join in.
- 4 **Transfer your donation to us.**
You will receive a tax receipt.
- 5 **Say thank you!**
Now's the time to thank everyone
who joined the cause (volunteers,
sponsors and participants);
this will encourage them
to join you again next time!



Do you have a project in mind ? Questions ?

Contact **Marguerite Trudel-Poitras**
Project Manager, Ambassador Events
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Thank you for participating in mental
health prevention for teenagers.
Your support makes a huge difference to them!

FONDATION
JEUNES
EN TÊTE

TAKE PART IN SOMETHING VERY BIG

Organize a fundraiser
to prevent psychological
distress in young people.

WE TAKE TEENS' MENTAL HEALTH TO HEART!

For nearly 25 years, Fondation Jeunes en Tête's mission has been to prevent **psychological distress** in young people aged 11 to 18 in Quebec,

especially by leading **awareness-raising** workshops in high schools in every region and by providing **online toolkits** for young people, their parents and school staff.



DESTIGMATIZE, RAISE AWARENESS AND EQUIP

Here are the concrete **actions** we take every day **to help future generations** face **life's challenges**.

FACTS AND FIGURES

Since the start of the pandemic, **1 in 2 young people** have presented symptoms of anxiety or depression.

50 % of mental health problems appear before the age of 14, **75 %** before the age of 22.

Depression is reversible. Nearly **90 %** of people treated for clinical depression will heal.

OUR IMPACT

- Each year, our team of facilitators meets around **50,000 young people** in high schools throughout Quebec's 17 regions.
- Our workshops help young people **take care of their mental health and deal with psychological distress**.
- For nearly 25 years, **our initiatives have raised awareness among more than 1.3 million young people!**



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