

TOGETHER, LET'S **CHALLENGE**  
MENTAL HEALTH



AUGUST RIDE FOR  
22<sup>ND</sup>  MENTAL  
OTTAWA  HEALTH



# WHAT IS THE RMH?

**RMH** will provide a weekend experience fostering education and conversation around **mental health**.

**RMH** is open to **all Canadians**. We are **#InThisTogether**.



RMH brings focus to the unique mental health needs of our **Veterans, First Responders and their families**.



**RMH** will be impactful by fundraising to support **WWC Mental Health Services**.



# WHAT WE KNOW:



Now more than ever, we are aware of the challenges and tragic impact mental health injuries have on our Veterans, First Responders and their families. The statistics present a stark reality for our country and highlight a need for action.

**44.5%**

Of 5,000 First Responders surveyed, 44.5% screened positive for one or more mental health injuries.

**40%**

In most police jurisdictions across Ontario, as many as 40% of calls involve persons with mental health issues.



**1,600**

CAF members released for medical reasons each year.

**22%**

Ontario has approximately 8,000 paramedics. Studies predict that operational stress injuries affects 22% of our paramedics.

**REPEATED EXPOSURE**

Between 15% to 20% of firefighters suffer from post traumatic stress because of repeated workplace traumatic experiences.

**17**

Average number of CAF Suicides per year from 2006-2016. This does not include Veterans.

# CHALLENGING MENTAL HEALTH

We know that everyday, thousands of Veterans, First Responders and their family members are working hard to challenge the effects of trauma exposure and, for many, the symptoms of operational stress injuries such as PTSD.

The Ride for Mental Health will be more than just a bike ride. It is intended to utilize the benefits of cycling to foster:

**MENTAL HEALTH EDUCATION**

**PLATFORM TO SHARE LIVED EXPERIENCES.**

**GOAL SETTING AS A MEANS TO CHALLENGE THE EFFECTS OF MENTAL HEALTH INJURIES.**

**FUNDRAISING IN SUPPORT OF WWC'S LIFE-CHANGING MENTAL HEALTH PROGRAMS.**

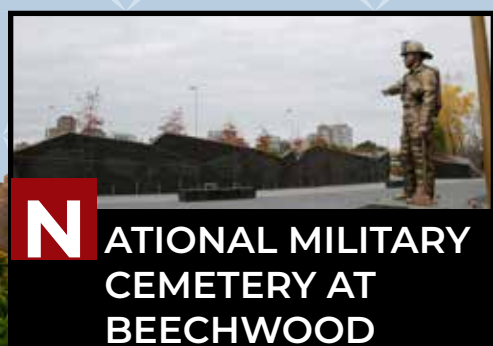
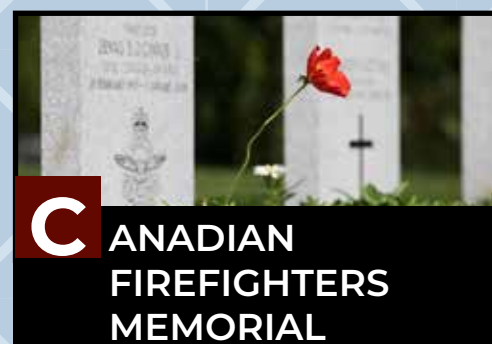


# HOST CITY: OTTAWA



The situation facing the mental health and wellbeing of our Veterans, First Responders and their families knows no provincial boundaries. This is a national issue and, as such, why we felt it was important to host our Ride for Mental Health in our nations capital.

Ottawa is also home to significant sites that honour the service and sacrifice of uniformed service members, some of which will be incorporate into the route.

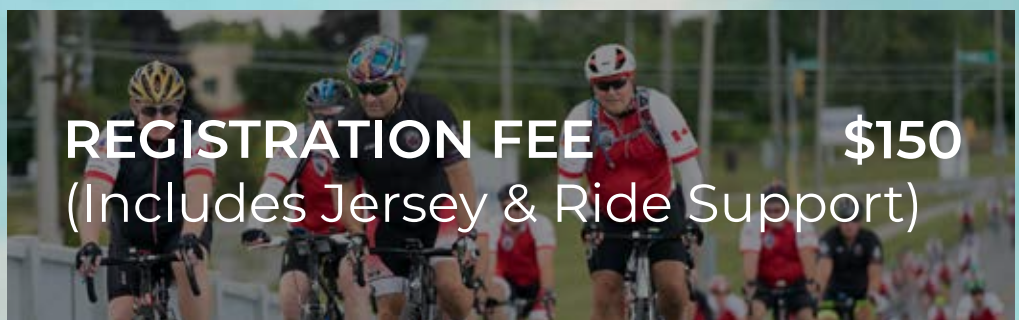


# QUICK INFO

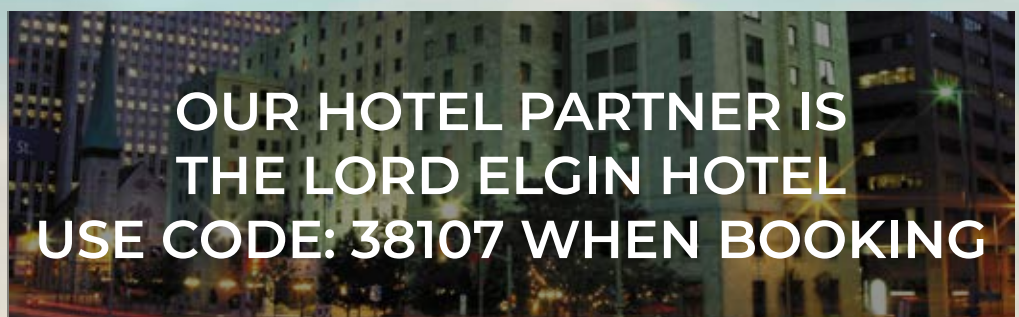
**SATURDAY, AUGUST 22**



## **REGISTRATION**



## **ACCOMMODATIONS:**



# RIDE DIRECTOR

STEVE  
TOPHAM



‘We believe partnerships make programs possible and thanks to the care, compassion and generosity of our donors we have grown to become a national mental

health service provider. On behalf of our team and most notably, the men and women whose lives will be forever changed by their participation in our programs, we invite you to join us as we challenge mental health, together.’

## CONTACT:

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A MENTAL HEALTH  
SERVICE PROVIDER



[WOUNDEDWARRIORS.CA](http://WOUNDEDWARRIORS.CA)

# RIDE PATRON

## OPP COMMISSIONER THOMAS CARRIQUE

Thomas Carrique became the 15th Commissioner of the Ontario Provincial Police on April 8, 2019.



Commissioner Carrique commenced his policing career with York Regional Police in 1990. He progressed through the ranks and was promoted to Deputy Chief. He has worked in a variety of roles with York Regional Police, including Uniform Patrol, Criminal Investigations, Investigative Services, Traffic, Marine, Public Order, and as the Deputy Chief of the Administration Branch, the Operations Branch and Investigations and Support Branch.

Commissioner Carrique has received the Police Exemplary Service Medal, the Queen Elizabeth II Diamond Jubilee Medal and, in 2013 he was appointed as a Member of the Order of Merit of the Police Forces. Commissioner Carrique is also a Serving Brother of the Order and present Chair of St. John Ambulance - York Region Branch.





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