

# zach*makes*tracks



Hi. I'm Zach.

Please support my journey  
from Barrie to Ottawa to raise  
awareness and funds for the

RVH Youth Mental  
Health program.

ALL PROCEEDS GO TO THE



Royal Victoria  
Regional Health Centre

August 13 - September 10, 2017

[www.zachmakestracks.ca](http://www.zachmakestracks.ca)



-- did you know? --

- Only 1 in 5 youth that need mental health services receives them
- Suicide is the #1 cause of non-accidental death of our youth
- 8 out of 100 kids report having serious depression

-- This is too close to home --

RVH currently has no specialized inpatient mental health services for youth. With funds raised, they will open an 8 bed inpatient unit for children and youth with outpatient programs and crisis support services.

We need your help. Please donate today at

[www.zachmakestracks.ca](http://www.zachmakestracks.ca)

Zach would like to thank ALL of his sponsors for their support!

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