



Walk teams merge at the Human Rights Museum in 2018



Hope in the Darkness

National Walk for Youth Mental Health 2020

Hope in the Darkness is a call to action for communities to walk for youth mental health. The walk creates an opportunity for young people to join and share their mental health stories and feel supported in their struggles with mental health. The walk invites frontline workers, families, Indigenous police officers and community members to join as the walk travels from Winnipeg to the west coast, Vancouver, BC.

Purpose

- To provide a platform for youth to share their lived experience
- To build an understanding of trauma-informed culture-centred care in youth mental health
- To support youth cultural identity building and empowerment
- To challenge the policing sector to support and empower youth

Quick Facts

How many people we've reached
490,000+

How many kilometres travelled
7,662

How many days we've walked

125 (2018)

Follow us on Social Media:

hopeinthedarkness.ca
 Twitter at: @YouthMHWalk
 Instagram at: @walkforyouthmentalhealth
 Facebook at:
 facebook.com/walkforyouthmentalhealth



Starting Points

St. John's, Newfoundland (2018)
 Masset, Haida Gwaii, BC (2018)
 Winnipeg, MB (2020)

Address: Box 2 Parry Sound ON P2A 2X2 1436 Email: walkforyouthmentalhealth@gmail.com
 Phone: 807.464.2226 Website: www.hopeinthedarkness.ca



Background

Policing has changed in the last 10 years. The majority of police calls that come in are now mental health related and this a national trend. Without the proper training and qualifications, officers are tasked with deescalating crisis, assessment, providing support and often providing the aftercare. This reveals gaps in the system and shows mental health first responders are often police. With a youth mental health crisis occurring and Indigenous and non-Indigenous communities experiencing high rates of suicide, systems must change.

Hope in the Darkness brings together young people and communities by creating a safe space for young people to share their experiences and struggles with mental health. The walk promotes a message of hope and empowerment. It is so important to listen. The walk works with organizations, communities, youth groups and mental health services to get youth involved in the walk.



Let's walk for youth mental health

We are walking across Canada for Hope in the Darkness! The walk will begin on July 15, 2020 in Winnipeg and will head to the west coast, Vancouver, BC in 90 days. The walk will cover 30 kilometre per day. A walk route schedule is available on our website:

- Manitoba (July)
- Saskatchewan (August)
- Alberta (September)
- British Columbia (September/October)

The walk will be escorted by support vehicles following road safety precautions with a start time and end time each day. if you are interested in joining, please contact us at 807.464.2226/ email walkforyouthmentalhealth@gmail.com.

Book a Virtual Update with your young people! Track the progress of the walk!

Are you looking for virtual programming for your youth this summer? Have them track the walk progress and have regular virtual updates with Kevin as he makes the journey across Canada! Facetime, Facebook live and Zoom platforms available. Contact walkforyouthmentalhealth@gmail.com for more info.

Walk Sponsorship Levels

Brave (\$5000+)

Your support will go toward walk costs including meals, accommodations and mileage. Recognition will include the website.

Purpose (\$10,000+)

Your support will go toward walk costs including meals, accommodations, mileage and programming. Recognition includes the website, printed materials.

Be the Change (\$15,000+)

Your support will go toward walk costs including meals, accommodations, mileage, programming, the launch event and closing event. Recognition includes the website, printed materials, promotional materials.

Lead the Way (\$20,000 +)

Your support will go toward walk costs including meals, accommodations, mileage, programming, launch event, closing event and . Recognition includes the website, printed materials, promotional materials and speaking opportunities.

Media Sponsor: Media sponsor support will include coverage, promotion, marketing of and broadcasting of the walk.

Event Sponsor: Event sponsor support will go toward the final event costs in Vancouver, BC in October, 2020. This can include venue, security, artist honourarium, associated event costs, promotional items etc.

Contact Harmony at Hope in the Darkness for details at 807.464.2929.

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Frequently Asked Questions

How will the walk costs be covered?

The Walk is a not-for-profit fundraising initiative that is fundraising to cover the costs of the walk through crowdfunding and partnerships. Costs include meals, transportation, gas and community events.

Who started Hope in the Darkness?

Kevin Redsky is Anishinaabe from Shoal Lake #40 First Nation with over 17 years experience in community policing. Kevin has worked with youth in crisis and missing persons cases. In 2018, Kevin walked from St. John's, Newfoundland to Winnipeg, Manitoba covering 4,663 kilometres, while a team of officers walked from the west coast to Winnipeg.

What does the Hope in the Darkness name mean?

Kevin became inspired by the Mumford and Sons song Ghosts that we knew, when he heard the band play the song live. The song inspired him to do the walk for his family, community, nation and youth struggling with mental health issues.

Where will the Walk happen?

The Walk will begin on July 15, 2020 in Winnipeg, Manitoba and will proceed to Vancouver, British Columbia. Walking for 6-8 hours per day, with a target of 30 kilometres a day, it will take 90 days to complete the journey.

Why Winnipeg to Vancouver?

Winnipeg, Manitoba is located in the centre of Canada where Founder Kevin Redsky ended the walk in 2018 from the east coast. In an effort to complete his national walk, Kevin will continue the walk reaching the west coast on July 13, 2020.

What does Hope in the Darkness do?

Hope in the Darkness supports youth mental health programs and services through Strength in Continuous Change.



SUPPORT HOPE IN THE DARKNESS BY ORDERING NOW

1	Hoodie Sizes available: S, M, L, XL, 2XL, 3XL Colours available: Forest Green, Black, Grey, Navy	50.00
2	Tshirt Sizes available: S, M, L, XL, 2XL (+\$2), 3XL-4XL (+\$5) Colours available: Charcoal Heather Grey	20.00
3	Pins	10.00
4	Board Toque Colours available: Dark Grey, Navy, Pink	20.00
5	Cuff toque Colours available: Black, dark grey, navy	20.00
6	Hat Colours available: White, Navy, two-tone- Charcoal/Black, two-tone- Heather/ Black	25.00
7	Pop-up phone holder	6.00

BULK RATES AVAILABLE,
CONTACT US FOR MORE INFORMATION
807.464.2226 or walkforyouthmentalhealth@gmail.com

Payment can be made by cheque/ money order/ e-transfer
shipped to: Hope in the Darkness,
Box 2,
Parry Sound ON
P2A 2X2