

Prepared For: Peter H. Course: Direct Marketing and Merchandising FUND 5556 Date: March 7, 2020

Prepared By: Michelle Rose de Ocampo-Ga

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5 Inspirational Postcards

### Summary of Direct Marketing

The direct marketing appeal I had selected was based on the organization, 'Canadian Mental Health Association' .

The colours teal and white for the outer envelope are the same colours as the organization logo. Although coloured packaging can cost greater than plain white, the colour teal was purposely selected to stand out amongst other regular mail packaging.

The two page letter consists real statistics found on mutliple mental health organizations. The fonts on the outer envelope and first paragraph on the two page letter for the addresse Prospect, Peter Hoppe are the same. This was purposely selected to give it a personal effect than using standard fonts.

Information on statistics and a few images are cited on the footnotes of the two page letter.

#### Please note:

Information on all stats images such as the people icons, blue chart, and grey pie charts were not provided as all were designed using various softwares such as Canva, Adobe Illustrator, and Adobe InDesign.

### List of what reply card included

- The organization logo, name, address, contact number
- Registered Charity number
- A positive response line ie. "Yes! I can support."
- Donor's contact information, name, address, telephone number, email address
- Type of gift option : One-time Donation , Monthly Donation
- Payment options for each giving option.
- ie. One-time Donation cheque, post-dated cheque, credit card Monthly Donation - Pre-authorized Void cheque , credit card
- Monetary Donation options
- ie. One-time Donation \$25, \$50, \$100, and other Monthly Donation - \$5, \$10, \$15, and other
- Credit card option and information
- ie. Visa, Mastercard, American Express Name on credit card, number, expiry date, and Donor's signature
- Payment and cancelation clause (pre-authorized agreement and steps to cancel)
- Information who to make cheque payable to
- Pre-authorized date ie. 20th of each month
- Back of reply, I had included a request to be added to mailing list (optional)



Peter H. c/o Humber College 2199 Lake Shore Blvd. West Etobicoke, Ontario M8V 1K8

March 2020

Bear Peter,

Have you ever had one of those days when you wake up wondering why you feel sad but can't figure out why?

Porhaps feeling overwhelmed in a situation because the pressure is just unbearable. It's no doubt that you would have most likely experienced something similar at least once in your life.

Now ask yourself, how do you recover when experiencing this?

According to a new survey, over half of Canadians (53%) consider anxiety and depression to be epidemic in Canada, with fifty nine percent of individuals range between ages 18 to 34 year olds.

Over the last decades, researchers have found a link between other health concerns, such as physcial illnesses, heart disease, and diabetes are caused-related to mental illness. There has been research when suffering from a mental illness, it can alter hormonal balances and sleep cycles, which affects your mood, thinking, and behaviour.

Eighty-five per cent of Canadians say mental health services are among the most underfunded services in our health-care system—and the majority agree (86%) that the Government of Canada should fund mental health at the same level as physical health.

Less than 4% of medical research funding goes towards mental illness research. Yet, 20% of Canadians will experience a diagnoasable mental illness at least once in their life.

It is unfortunate to say, that there are so many sufferers from mental illness who are not receiving even just the basic support someone needs, by talking to someone without feeling ashamed or judged. Not everyone has access to the right support system. We offer various programs and support to all.

Fid you know (

Facts about Mental health in Canada.



**1** out of **5 Canadians** will personally experience a mental illness in their lifetime.

**5 out of 10** leading causes of disability worldwide are mental disorders.



#### 4000 suicides

About 4,000 Canadians commit suicide each year. It represents 24% of all deaths among 15 to 24 year olds.

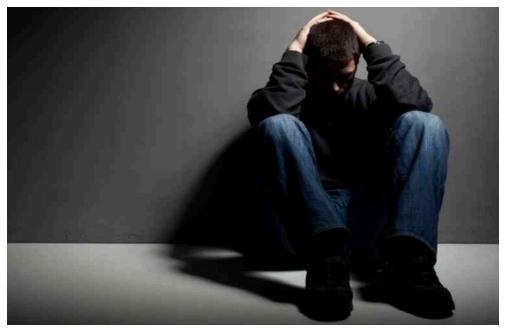
#### 3.4 million Canadians are

affected by major depression.

250 Dundas St. West, Suite 500 Toronto, Ontario M5T 2Z5 | Phone: 416.646.5557 Toll Free: 1.800.875.6213 | www.cmha.ca Registered Charity 10686 3665 RR0001

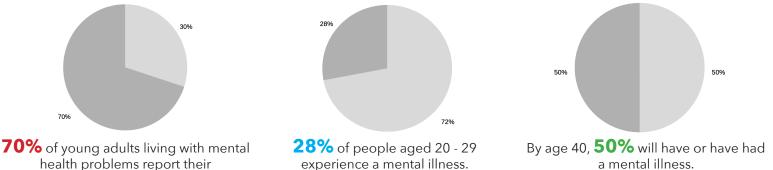
4 of 14

Footnotes: https://www.verywellmind.com/why-are-some-people-more-prone-to-depression-1067622, https://hospitalnews.com/over-half-of-canadians-consider-anxiety-and-depression-epidemic/ Statistics found on the following website: https://www.camimh.ca/wp-content/uploads/2016/09/CAMIMH\_MHN\_EN\_Final\_small.pdf



"My name is Andrew and I work full time at an industry which requires high demands of work. There were many sleepless nights because I felt overwhelmed, not realizing this was only the beginning. As days passed, my thoughts grew deeper. I started to feel alone and felt I had no one to talk to, without feeling judged. I never knew how powerful our thoughts can be until someone noticed the difference in me and referred me to seek help. Five years later, I still seek support when needed and I feel better as can be. I couldn't be more thankful for these programs and to all the people who help support it.

Thank you CMHA and all donors who help make a difference."



The needs of our communities are greater than before. In order to our agencies to continue their vital work, it is crucial we meet our "*Mental Health Campaign*" goal of **\$10.5 million** in the next 3 years.

By meeting this goal, our agencies will continue to:

- offer walk-in counselling to those facing mental health issues
- mind over matter
- help victims of domestic violence

symptoms started in childhood.

- ensure isolated seniors are not forgotten
- offer local community group meetings
- brainhealth initiatives

Our goal can be met, but only with your help. I invite you to join today's generation of heroes by making a sacrificial gift to the Canadian Mental Health Association and help make a difference in someone's life.

Your generosity is truly appreciated!

Nichelle Rove de Ocampo-Ga

Michelle de Ocampo-Ga, National Director of Organization

ps. All we need is a little bit of love or care, even if it's from a person we have never met. Thank you for being YOU!

250 Dundas St. West, Suite 500 Toronto, Ontario M5T 2Z5 | Phone: 416.646.5557 Toll Free: 1.800.875.6213 | www.cmha.ca Registered Charity 10686 3665 RR0001

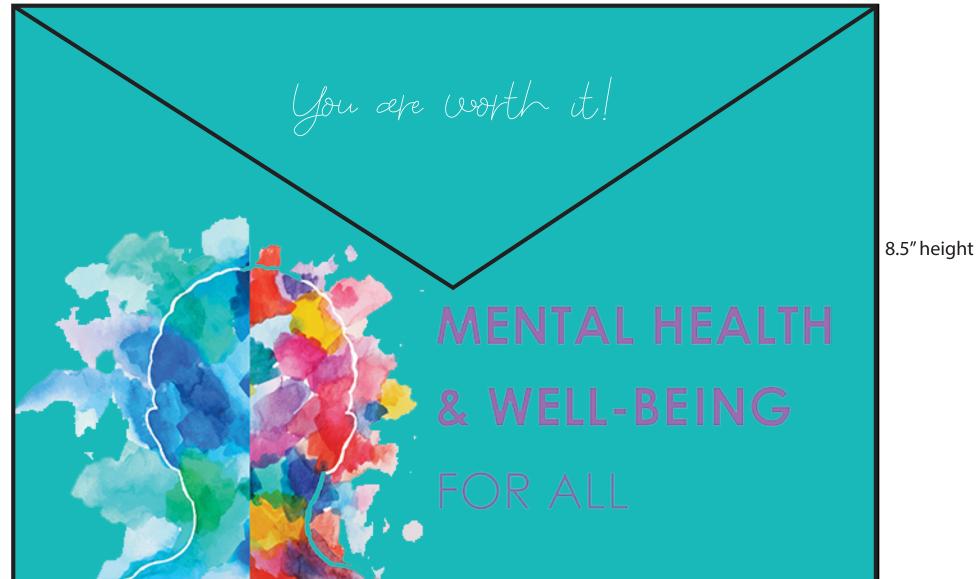
# **Outer Envelope - Front**



11" width

### 8.5" height

# **Outer Envelope - Back**



11" width

Back of envelope 8.5" x 11" Booklet Gummed Envelope Can be purchased from ULine.ca

Designed by: Michelle de Ocampo-Ga

# **Prepaid Reply Envelope - Front**



Front of prepaid reply envelope

Can be purchased from ULine.ca

7" x 5" Envelope

5" height

8 of 14

# **Prepaid Reply Envelope - Back**



Back of prepaid reply envelope 7" x 5" Envelope Can be purchased from ULine.ca

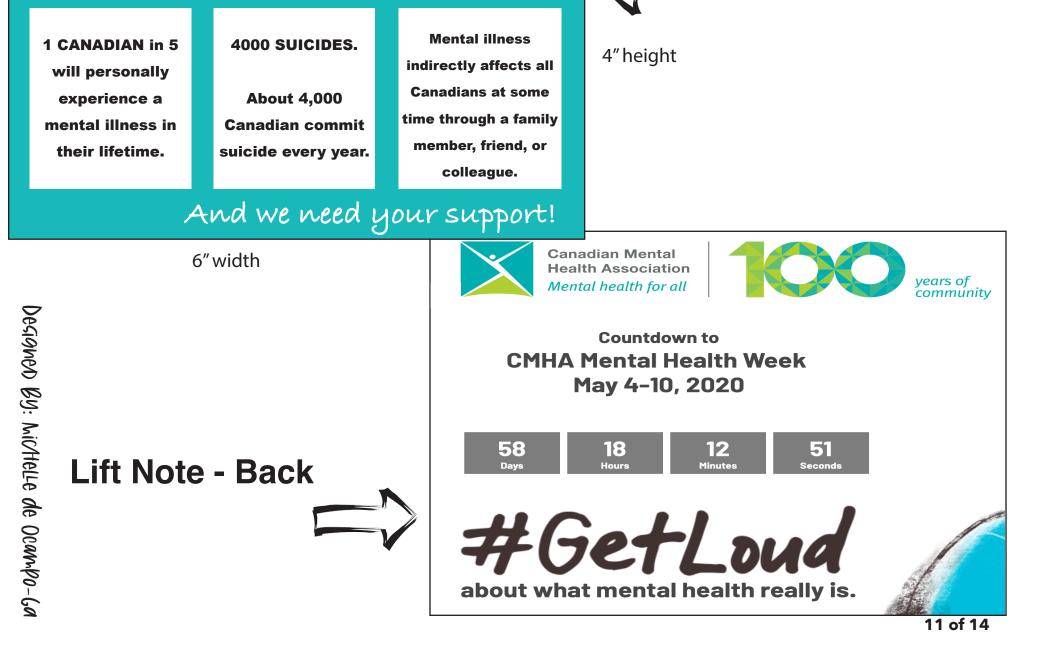
Canadian Mental Health Association	250 Dundas St. West, Suite 500 Foronto, Ontario M5T 2Z5 Phone: 416.646.5557 Foll Free: 1.800.875.6213 Registered Charity: 10686 3665		
One Time Donation       Cheque         Please make cheques payable to       \$25.00         Canadian Mental Health Association       \$25.00	Post-dated cheques          \$50.00       \$100.00         rized void cheque       \$10.00         \$10.00       \$15.00	Credit Card Other Other	<b>Reply Card - Front</b> 4.5" height
Name       Address       City Province       Postal Code       Telephone	Visa MasterCard	ncel this credit card agreement	
6.5" width By: Michele de Ocampo-Ga	Email	Address	me to your mailing list.



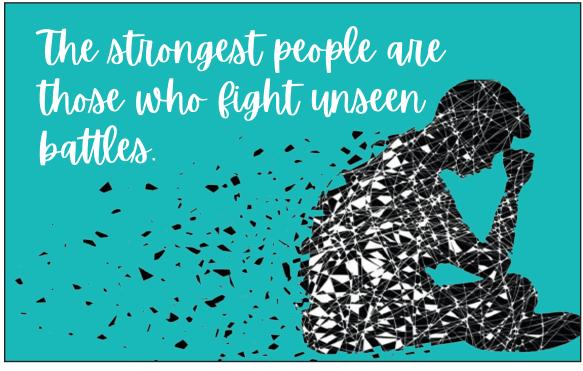
Canadian Mental Health Association Mental health for all Begistered

250 Dundas St. West, Suite 500 Toronto, Ontario M5T 2Z5 Phone: 416.646.5557 Toll Free: 1.800.875.6213 Registered Charity 10686 3665 RR0001

## Facts about Mental Health.....



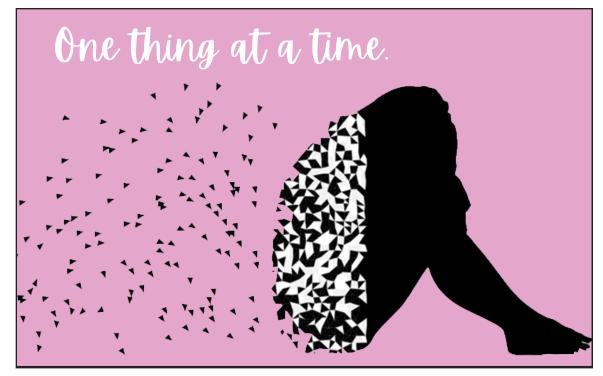
Lift Note - Front





6" width

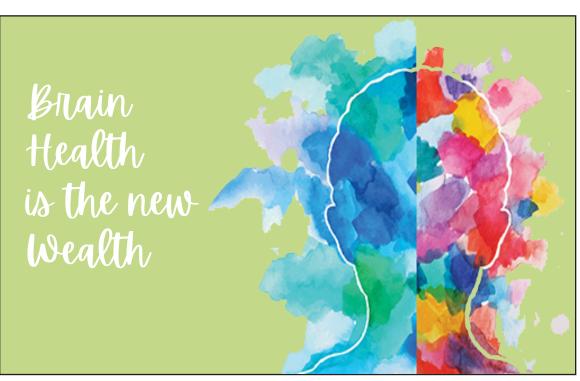


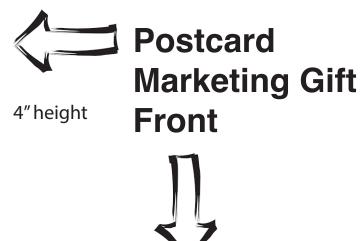




6" width







6" width

	Postage Stamp
Healt	dian Mental th Association al health for all