

We may not be side-by-side  
but we're still in this together.

**#NOONERIDESALONE**

Bring **MENTAL HEALTH** into the **OPEN**.

[ridedonthide.com](http://ridedonthide.com)

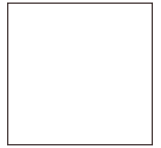


ridedon'thide



Canadian Mental  
Health Association  
Mental health for all

**100** years of  
community



**TO:**

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