

# EMAIL TEMPLATE

## JOIN OUR TEAM - CORPORATE



**COPY + PASTE THE TEXT BELOW TO USE IN YOUR EMAIL.**  
(DO NOT ATTACH THIS PDF TO THE EMAIL)

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### **Subject Line: Will you accept the challenge?**

Dear colleagues,

[COMPANY NAME] is participating in the **CAMH Sunrise Challenge™**.

The world is facing a mental health crisis. Your support has never been more important. As a world leader in groundbreaking mental health research, CAMH will keep rising until no one with mental illness is left behind.

Our team, [TEAM NAME], will be rising with the sun for five days, from May 27 to 31, 2024, and raising funds to support CAMH and its work to solve the most complex issues in mental health.

We would love for you to join us in this challenge! During Sunrise Challenge week, participants will wake up early every morning and share their Sunrise Moments using the hashtag #CAMHSunriseChallenge.

You can learn more about the Sunrise Challenge at [sunrisechallenge.ca](http://sunrisechallenge.ca) or by reaching out to our Team Captain, [TEAM CAPTAIN NAME] at [EMAIL].

If you're not able to join our team, please support our group of early risers with a donation to help us reach our team goal.

Sincerely,

[INSERT YOUR NAME + LINK TO TEAM PAGE HERE]