

Fundraising Tools for Participants

Every step counts. Every teen matters.



Au profit de
**Fondation
Tel·jeunes**

Is this your first fundraising campaign?

This toolkit was designed to help you effectively reach out to your network and achieve (or surpass!) your fundraising goal.

Tips and tricks for a successful fundraising campaign

Step 1

Add this badge to your professional email signature. [You'll find it in our fundraising kit.](#)

Step 2

Send the link to your fundraising page directly to your network by text message or email.

Step 3

Share on your social media :

- Write a personalized message encouraging people to donate
- Use one of the suggested visual [by clicking here.](#)

Step 4

Follow up: we all lead busy lives, so don't hesitate to reach out again to potential donors!

Step 5

Share updates on your social media:

"I've reached 50% of my goal!"

Step 6

Don't forget to personally thank each person who donates!



Message to Personalize for your Social Media

I'm excited to be taking part in the Challenge Québec 800, an 800 km relay run across Québec from May 14 to 17, 2026!

I'm running for a cause that truly matters to me: supporting youth mental health.

Every donation goes directly to Tel-jeunes, an organization that provides vital support to more than 50,000 young people in distress each year.

Help me reach my fundraising goal by making a donation: (insert the link to your team's fundraising form)

Thank you for supporting this essential cause! Every step counts. Every teen matters.



Fondation Tel-jeunes – Why give?

About Tel-jeunes and the Tel-jeunes Foundation:

The Tel-jeunes Foundation's mission is to support Tel-jeunes, an organization that provides attentive listening and professional support to young people in Québec aged 12 to 17, as well as to their parents.

Did you know?:

- 40% of our interventions are related to mental health issues, such as suicide, self-harm and anxiety
- 1 in 5 interventions requires a suicide risk assessment
- Requests for help increased by 25% between fall 2024 and the same period in 2025

Your donations make it possible to:

- Provide free, accessible support services, 7 days a week
- Offer continuous training for our professional counsellors
- Create educational content that reflects today's realities



Let's join forces so that every young person feels truly heard.

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