

PRESS RELEASE

Myers Riders Football player dedicates season home opener to D.I.F.D (Do it For Daron) at The Royal

May 9, 2011 (Ottawa) – With full support of the Myers Riders football organization, The Royal Ottawa Foundation for Mental Health and his fellow players, Travis Troughton has taken the initiative to dedicate the home opener of the 2011 Ontario Varsity Football League to D.I.F.D. helping to raise awareness for youth mental health.

On Saturday May 28th 2011, three games are being played involving three different age groups: 12:00pm Myers Riders Bantams (ages 13-14) vs. Brampton, 3:00 pm Myers Rider Varsity (ages 17-19) vs. Cornwall, and final game at 6:00 pm Meyers Riders Junior Varsity (15-16) vs. Brampton. All games will be played at Minto Field located behind the Nepean Sportsplex.

Troughton, along with a captain from each team, will drive awareness of this event to reach as many of their friends through the popular social network Facebook, with the goal of reaching every single high school student in the Ottawa region.

Sandy Ruckstuhl, president of the Myers Football organization, has given full support to the kids. He has confirmed Myers Football will also contribute at the end of the day as well as provide extra volunteers. The organization will setup a tent that will house volunteers from the The Royal to sell D.I.F.D merchandise including purple bracelets and to provide information about youth mental health With support of the Myers Organization they have given permission for the players to wear the Purple Heart on their helmets.

Myers Riders Football Organization is a non-profit organization for further information please contact Sandy Ruckstuhl: sandy.ruckstuhl@sympatico.ca.

The Royal

The Royal is one of Canada's foremost mental health care and academic health science centres. Its mandate is simple: to get more people living with mental illness into recovery faster. The Royal combines the delivery of specialized mental health care, advocacy, research and education to transform the lives of people with complex and treatment resistant mental illness. The Royal Ottawa Foundation for Mental Health raises funds that support The Royal's work while placing a sharp focus on awareness building through the You Know Who I Am campaign. For more information, please visit www.theroyal.ca For further information about D.I.F.D, please go to www.youknowwhoiam.com.