



About the Mood Disorders Society of Canada

Mood Disorders Society of Canada was launched in 2001 to provide people with mood disorders, their families and caregivers a strong, cohesive voice at the national level on issues relating to mental health and mental illness.

Time For Giving

At this time of year in particular, Canadians reach out to support Charities. Mood Disorders Society of Canada relies on donations to help thousands of people across Canada in their struggle with mental illness and to advocate on their behalf for system change. When you are considering your Holiday giving please consider the Mood Disorders Society of Canada. You can [donate](#) online. A letter of thanks and a tax deductible receipt will be issued to you.

You can also designate Mood Disorders Society of Canada MDSC as your charity of choice through your local United Way campaigns.

2nd Pan-Canadian Defeat Depression Mental Health Campaign is Approaching

Please save the date for the next Defeat Depression Day and check the website for details on event locations. The majority of events will take place on May 26, 2013; however several local events may be on other dates in May that best suit the local community needs.

We are excited that the Defeat Depression campaign is growing even larger! The first set of events held across Canada on May 27, 2012 was supported by thousands of people who came out in 23 communities to participate and **to defeat depression!** We are very proud of the first year's success of the multi-organizational mental health fundraising, anti-stigma and awareness campaign.

Events were also held in the fall. COPE, the Student Mental Health Initiative at McMaster University held an event on September 30; you can view it [here](#). The Empowerment Connection & Canadian Mental Health Association Nova Scotia Division, with support from regional sponsors Nova Scotia Health, Dalhousie University, and Mood Disorders Association of Nova Scotia held an event in Halifax on September 30 which included a walk, barbeque and concert. You can see their event [here](#).

Defeat Depression events will be held on Sunday May 26, 2013 or on other designated dates in May. See what each community will do by visiting www.defeatdepression.ca.

We thank our current 2013 national sponsors, Bell, Impact Public Affairs, Depressionhurts.ca, and Esperanza Magazine. We are actively seeking additional national sponsors. Please [contact us](#) if you are interested in sponsoring the national activities.

We are seeking Social Media Volunteers who will collaborate with the campaign teams across Canada to create cohesive social media messaging for the events. To apply for this exciting opportunity to be a part of the success of outreach activities please [email us](#).

Canadian Depression Research and Intervention Network

Work is progressing on the development of a national patient-centred research network funded in the latest federal budget. Mood Disorders Society of Canada is working with the Mental Health Commission of Canada, the Royal Ottawa Mental Health Centre and other stakeholders to develop the network.

Further information about CDRIN will be available on its new website, www.cdrin.org, within the next few weeks.

PTSD (Post Traumatic Stress Disorder)

In furthering our PTSD efforts, MDSC attended the Tri-National Military Mental Health Symposium at the Canadian Embassy in Washington, D.C. on September 24. Attendees, including representatives from the United Kingdom, Canada and the U.S., discussed opportunities for increased collaboration to promote awareness of military mental health issues and to share research findings. The True Patriot Love Foundation, a citizen-led Canadian foundation that supports and honours members of the Canadian Military and their families, hosted the Symposium, which added significantly to our network.

We will be commencing work on a PTSD Continuing Medical Education Course in partnership with the Canadian Medical Association and we will be working in conjunction with the Canadian Depression Research and Intervention Network to enhance the knowledge of PTSD and how best to treat it.

Provincial Matters

MDSC welcomes the formation of the Mood Disorders Association of Nova Scotia, led by Susan Roper and we look forward to a continued close relationship and ongoing collaborations.

We are also very pleased that the Psychiatric Urgent Care Program developed at Mood Disorders Association of B.C. is being replicated at Mood Disorders Association of Ontario. This patient-centred program is offered in a clinic setting at the offices of MDABC. For more information about this treatment program and its benefits to both patients and health care providers, visit this [website](#).

Canadian Alliance on Mental Illness and Mental Health (CAMIMH)

MDSC is a proud founding member of [CAMIMH](#) which is a national collaboration of associations representing health care providers, service providers and consumer and family groups. CAMIMH held another very successful Mental Illness Awareness Week during the first week of October, 2012. The activities included extensive meetings with government officials. CAMIMH also launched the Faces of Mental Illness campaign with the selection of five individuals from across Canada. [Click here](#) to meet them.

Workplace Mental Health

MDSC is actively engaged in providing speakers and educational resources to address the epidemic of mental health issues within workplaces. We work with many organizations. [Contact us](#) for more information on our corporate mental health services please contact. You can also find some helpful workplace mental health resources [here](#).

MDSC is very pleased that Mental Health Commission of Canada will launch the National Standard on Psychological Health and Safety in the Workplace on January 16 and we will be incorporating these proposed standards into our corporate presentations.

Elephant in the Room Anti-Stigma Campaign

The Elephant in the Room campaign continues to expand and many more organizations, businesses and schools have joined over the last few months. To learn more about the Elephant in the Room Campaign and how you can implement it in your workplace to raise awareness and reduce stigma, visit the [Elephant in the Room page](#) and contact us.

One of the best methods of reducing stigma is by displaying posters that educate and promote mentally healthier environments. We now have new workplace and school anti-stigma posters available for printing from our website. Please feel free to download them and post them in visible areas.

You can also donate \$30.00 to MDSC through [CanadaHelps](#) and you will receive as a token of appreciation our blue elephant and additional information on stigma.

The Criminal Code and “Not Criminally Responsible”

The government has recently committed to introducing legislation in the new year addressing concerns about “high-risk” accused persons found Not Criminally Responsible pursuant to the provisions of the Criminal Code of Canada on account of a mental disorder. Such a person is neither acquitted nor found guilty. Instead, they are found Not Criminally Responsible on account of mental disorder. They may be discharged in the community, released on conditions, or kept in custody in a mental health institution. Persons found NCR are not incarcerated in prisons.

MDSC, on its own and in collaboration with other interested national organizations, is currently reviewing all aspects of the issues surrounding NCR and preparing to make submissions to the federal government when the new legislation is announced. The submissions will be posted on our website.

What **BETTER** Feels Like

MDSC offers the [What BETTER Feels Like](#) project. The program supports are the results of interviewing persons from across Canada who described how they have worked their way through depression and what, to them, *feeling better* is. The project features the lived experiences of individuals who have been through depression. The project provides testimonials shared through the **Answers from People Who Have Experienced Depression** report. The project also offers a **Guide to Maintaining Wellness** designed to assist individuals in their recovery. The plan is holistic and practical and written in easy-to-follow and encouraging language. Visit the [What Better Feels Like](#) website to learn more.

Discussion Forum-Peer Support is Here to Help

MDSC provides a safe virtual place to discuss mental illness issues in a supportive environment through our web-based Discussion Forum which continues to be one of the most visited places on our website. The forum has surpassed **23,000 posts** with more than 1,400 discussion threads. If you are looking for a safe place to share your experiences, seek peer support, or offer your knowledge to others, we encourage you to join the Forum. You can find the Forum link on the front page of our website. www.mdsc.ca

Social Media

MDSC is dedicated to continuously connecting with Canadians daily and providing social media platforms to share ideas, news, successes, personal experiences, thoughts and viewpoints. “Like us” and share with thousands of Canadians daily on our sites. Sign up, share your thoughts, provide us with feedback and keep up to date with our work.

To follow us on [Twitter](#)

To join us on [Facebook](#)

To follow the Defeat Depression Campaign on [Facebook](#)

Once again, thank you for your ongoing support of MDSC and we wish all our readers a Merry Christmas and Happy Holidays.

POSITIVE CHANGE BEGINS AT HOME

Please make sure to talk with your family about mental health.