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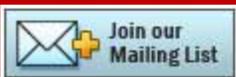
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Help Us Help Others

Mood Disorders Society of Canada depends on the generosity of Canadians to support our work. Please make a donation to help us help others.

If you would like to provide a donation to MDSC online please visit [CanadaHelps](#) and follow the instructions carefully.



Pan-Canadian Mental Health Survey Report Completed

In September, Mood Disorders Society of Canada (MDSC) hosted a pan-Canadian public opinion survey on mental health services and supports. The survey was circulated to approximately 10,000 people within the MDSC network. The survey received an impressive response from **3,125** persons. We have completed analyzing the data and have produced the survey report. This report provides a very good overview of how persons with mental illness, their families and caregivers view the services they receive from their family doctors, their community, clinics and emergency rooms. This process provided the mental health community with a vehicle to detail their experiences and express their opinions to policy makers and health care service providers. This report is being sent to the Federal and all Provincial/ Territorial Ministers of Health. You can view the Final Report [here](#).



Post-Traumatic Stress Disorder “Out of Sight, Not Out of Mind” Event

MDSC hosted a working dinner at the Canadian War Museum in Ottawa on October 26th. This event, entitled; *Out of Sight, Not Out of Mind* brought together over 70 of Canada’s leading mental health experts, thought leaders, researchers, parliamentarians and policy developers to discuss Post-Traumatic Stress Disorder (PTSD). The event allowed for discussions on approaches and enhanced working relations between stakeholders on this serious yet misunderstood illness. Participants shared ideas on ways to reduce and eventually eliminate the societal stigma that currently surrounds PTSD, and generated ideas on how best to educate the public on the causes and effects of PTSD.



Each table included two Parliamentarians, one sponsor, and a minimum of four thought leaders with mixed experiences including lived experience. The discussion topics included Enhancing PTSD Research; Family Supports; De-Stigmatizing PTSD; and System Capacity. The discussions were captured at each table and then developed in to a report. The ensuing report will be shared with the stakeholders and we hope will have influence on policy/ program development.

The process was deemed a great success and appreciated by all in attendance. The event was opened by the Minister of Veterans Affairs, the Hon. Steven Blaney who participated in the evening's discussions, and posted a [news release](#) on the Department's website during the evening.

To review the Event Brief visit our [website](#).

Defeat Depression Pan-Canadian Awareness and Fundraising Events

Mood Disorders Society of Canada is taking on Depression and Stigma in a big way!

We are very excited to announce our new **Defeat Depression** Campaign. These pan-Canadian events will be held on **May 27th 2012**. In communities across this country, volunteers are organizing local walks, runs, rides and other events to raise awareness about depression and help reduce the stigma often associated with a mental illness.



Through this campaign we will make it known that having depression or any mood disorder is not a character flaw, it is not a sign of weakness; it is an illness, the very same as any physical illness and should be addressed with the same level of understanding, acceptance and compassion. These events will promote dialogue about mental illness and will encourage persons who are experiencing depression or mood disorders to reach out for help.

It is not acceptable that so many of us, our family members and friends are fighting this fight alone! We are going to take on the epidemic of mental illness and drive the message loudly that depression or any mood disorder is not something to be quiet about!

We need you to get involved! Please save the date ***May 27, 2012*** and help organize and promote an event in your community and join the campaign team. Visit the campaign website today to learn how you can join and help make a difference in your community. **Together, we will make a real difference!**

www.defeatdepression.ca

Anti-Stigma Program Near Completion

MDSC is proud to have been working with project sponsors, Bell, the Mental Health Commission of Canada, (Health Canada), the North Bay Regional Health Centre and AstraZeneca Canada, in collaboration with the Canadian Medical Association, the Canadian Psychiatric Association, Memorial University and Family Physicians to develop the Continuing Medical Education web-based course on the stigma of mental illness. This project is expected to be completed in early December and consists of an accredited one-hour continuing medical education (CME) web-based course on the stigma of mental illness and what individual physicians and specialists need to understand to combat stigma within the profession. We believe that the anti-stigma program will evolve to become a benchmark for other health care providers, researchers and governments.

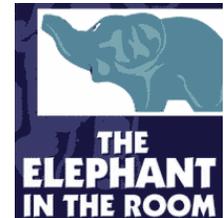
The project represents the culmination of years of research and in this innovative approach, leverages the wide experiences of all stakeholders, most importantly, those with lived experience.

Upon completion, the program will be submitted for accreditation by the College of Family Physicians Canada and the Royal College of Physicians and Surgeons of Canada.

Stay tuned to all of the stakeholders websites for an announcement in early December!

Elephant in the Room Anti-Stigma Program

Growth of the Elephant in the Room Campaign has been significant. We have passed the 15,000 elephant distribution mark. We have received many requests from organizations and companies who want to implement the Elephant in the Room Campaign in their place of work or education. COPE, the student mental health initiative at McMaster University has created a [video](#) on the Elephant in the Room campaign and we have posted the video and their link on our website.



Mental Illness Resource Distribution

MDSC continues to provide mental illness resources to Canadians. We have now exceeded distribution of over 250,000 copies of our [Depression Booklet](#) across Canada, over 100,000 of our [Bipolar Brochure](#) and 150,000 of our [Quick Facts](#) on Mental Illness and Addictions in Canada. A very appreciative thank you to all our sponsors without whom we couldn't make these publications available free of charge.



Discussion Forum-Peer Support

MDSC would like to take this opportunity to remind you of a safe place to go to discuss mental illness issues in a supportive environment. Our Discussion Forum continues to be one of the most visited places on our website. With well over 18,000 posts and more than 1,000 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](#).



Social Media

Here at MDSC, we strive to reach as many people as we can with our messages and resources. We are actively connecting to Canadians in our communications, programs and services. We would like to take a moment to thank you for your active participation through the many contributions, opinions, values and input you provide us. Our social media campaign has grown extensively. With over 3,000 persons and organizations following our Twitter feed and close to 1,000 more following us on our very active Facebook site, we are continually engaging your thoughts and viewpoints.

Find us on Facebook 

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What BETTER Feels like

MDSC is now in the final stages of development for our What BETTER Feels Like project. The project involved interviewing persons from across Canada who are able to describe how they have progressed and what, to them, feeling better is. We have completed the interviews (and they are extremely good) and we are now moving in to the website development and videoing stages of the project.

The project will feature the lived experiences of individuals who have been through depression to provide help and support to those who have not yet fully recovered. It will offer clear descriptions of the signs of recovery and provide tips and strategies about how to work with professional caregivers with recovery in mind. The website will provide videos of incredible people speaking about their experiences of getting and being better. We have also developed a wellness plan to assist people in the maintenance of their recovery. The plan is holistic and practical and written in easy-to-follow and encouraging language.

MDSC is very grateful to the dedicated individuals who are assisting in this project. It is a true privilege working together with such caring people to make a real difference for as many persons as we can. Please watch our website over the next month for the project and resources!

Collaborations

In addition to the partnerships noted earlier in this e-newsletter, MDSC is proud to be working with **Family Services Employee Assistance Programs** in providing an interactive, informative workshop series to assist managers, HR professionals and union representatives in finding effective, efficient ways to promote wellness and support those employees who are affected by mental illness. On October 25th, MDSC provided an in-depth presentation on Mental Illness in the Workplace in London, ON. Further workshops are planned for November 15th and February 8th. MDSC is also the only mental health NGO member of the **Neurological Health Charities Canada (NHCC)**, a coalition of 26 neurological charities. Depression is a very significant co-morbid condition with neurological disorders. To learn more about the NHCC visit: www.mybrainmatters.ca.

We congratulate the **Canadian Alliance on Mental Illness and Mental Health (CAMIMH)** on the success of Mental Illness Awareness Week 2011 and for the Champions of Mental Health Awards in Ottawa on October 5th. For more Information visit www.miaw.ca. We are also very proud of MDSC Associate National Executive Director, Dave Gallson who has been elected co-chair of CAMIMH. MDSC is a founding member of CAMIMH which is a national alliance of 19 national mental health organizations. To learn more about CAMIMH visit: www.camimh.ca.

We have had the privilege of working with the "Going Blue 4 U" awareness campaign. This innovative Going Blue 4 U Campaign is made up of passionate individuals who have committed to dye their hair blue in support of Mental Illness Awareness www.goingblue4u.ca.

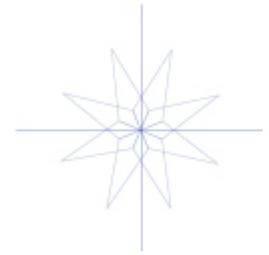
MDSC in the News

MDSC is frequently called by media for comment on mental health stories or issues. The Global TV program, Focus Manitoba, featured a [documentary on Suicide](#) on November 5th. The documentary features an interview with Bill Ashdown, a Vice President of MDSC. As well, MDSC was quoted in an [article in Esperanza Magazine](#) regarding the reluctance of men to seek help with mental health issues due to the misconception that it may not be the "masculine" thing to do.

Holiday Giving

The holidays are right around the corner.

In this time of family, it is important to remember that for many people, the holidays can bring about not so happy memories and feelings. This holiday season, we encourage you to take some time to help others. Whether it is by volunteering, by donating to a worthy cause, or by surprising someone with a kind gesture. Please make sure you make a difference for someone who may not be as fortunate this year.



MDSC depends on the generosity of Canadians to help us carry on our activities. Please consider making a Holiday Donation to support our work. Please click on the Canada Helps Link at the bottom of this email, and we will send you a thank you card, along with a tax receipt.



Thank you for helping us help others.

POSITIVE MENTAL HEALTH BEGINS AT HOME

Please make sure to talk with your family about mental health

Mood Disorders Society of Canada | 3-304 Stone Road West | Suite 736 | Guelph | Ontario | N1G 4W4