



**Mood Disorders Society of Canada**  
**Société pour les troubles de l'humeur du Canada**

For immediate release

### **Ride Above Depression: Mood Disorders Society of Canada Sponsors Cycle Trip to Promote Awareness**

GUELPH, ON, May 12 /CNW/ - Mood Disorders Society of Canada (MDSC) today extends an invitation to Canadians to get behind the Wheel to Heal 2011 Campaign through donations and sponsorship as Corey Boulton and his friends Ride Above Depression. The purpose of the ride is to raise awareness of depression, eliminate stigma and help people understand where to reach out for help. Corey is riding in memory of his father, Jeff Boulton, who lost his battle with depression earlier this year - a healing journey for Corey, and an incredibly special way to honour his father.

The Wheel to Heal cycle team plans to set out from Vancouver on May 15, 2011 and cycle approximately 2,300 km across Canada's vast landscape to arrive in Winnipeg about six weeks later, toward the end of June. The team's self-supported journey - without a guide and carrying all supplies - will be tracked by GPS and posted on the Wheel to Heal [Facebook](#) page.

"My friends and I are really looking forward to this journey - not only to challenge ourselves, but to assist those who deal with the challenges of depression every day", remarked Corey Boulton, the individual who came up with the idea to Ride Above Depression and approached MDSC for support. "Physical exercise, along with friendship and support are key elements of promoting mental health and wellness. We see this cycle trip as an ideal opportunity to improve our own circumstances and possibly set an example for others in the same situation".

"Getting behind Corey and his team by donating to the Wheel to Heal Campaign will help Mood Disorders Society of Canada carry on anti-stigma and depression awareness activities - particularly focused on children and youth", remarked National Executive Director, Phil Upshall.

#### **Information and Donations**

"Mood Disorders Society of Canada is pleased to sponsor this cycle challenge to raise awareness about the effects of depression and the benefit of exercise to support mental health. People are invited to send messages of support to Corey and the team via Facebook" says Dave Gallson, Associate National Executive Director, MDSC.

More information on Wheel to Heal 2011 is found on MDSC website [www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca) and on the Wheel to Heal Facebook page [www.facebook.com/MoodDisordersSocietyCanada](http://www.facebook.com/MoodDisordersSocietyCanada). Daily communications and GPS tracking is also part of this campaign.

Donations are greatly appreciated. There are three ways people can provide funds:

- 1) Text MDSC to 45678 to give a \$10 donation,
- 2) Online from the [MDSC website](#), click on the "CanadaHelps" button, select the "Jeff Boulton Memorial Fund",
- 3) Mail a cheque payable to "Mood Disorders Society of Canada" to: 3-304 Stone Road West, Suite 736, Guelph, ON, N1G 4W4.

MDSC is a national, not-for-profit, consumer-driven, voluntary health charity committed to ensuring that the voices of consumers, family members and caregivers are heard on issues relating to mental health and mental illness; and in particular with regard to depression, bipolar illness and other associated mood disorders. MDSC is working on raising the awareness of mood disorders as treatable medical disorders and eliminating barriers to full community participation by reducing discrimination and stigma among the public, treatment and service providers, and governments.

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