



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

www.mooddisorderscanada.ca | www.troubleshumeur.ca

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For Immediate Release

Mood Disorders Society of Canada (MDSC) is very proud to announce that the Students' Association of Keyano College (@KeyanoSA, <https://www.facebook.com/KeyanoSA/>) has partnered with MDSC on our internationally recognized **Elephant in the Room Anti-Stigma Campaign**, raising awareness about mental health and reducing stigma. This campaign was made possible with the Alberta Campus Mental Health Innovation project of the Student Mental Health Committee

By displaying the anti-stigma elephant, students and staff will know that this represents a safe place to talk about mental illness without feeling afraid, thought less of or stigmatized. Opening up the conversation is the single best thing anyone can do for someone who is going through issues. People will know what the elephant represents - which leads to the open discussion about mental illness, the first step in seeking support.



“The Students' Association of Keyano College and Student Mental Health committee are extremely excited and grateful for the opportunity to partner with the Mood Disorders Society of Canada to help address the stigma around Mental Health in our school and wider communities. This opportunity will provide students with a comfortable space to discuss the topic of Mental Health. In addition, it further allows students to learn more about what our campus is actively doing to create an overall healthy campus and how to get involved to create a positive change.” states Fatima Dhooma, Vice President of Student Affairs, Student Mental Health Committee Chair, Students' Association of Keyano College

“We are excited that the Students' Association of Keyano College is using the **Elephant in the Room** anti-stigma campaign to address the high prevalence of mental health issues in colleges and universities.”, states Dave Gallson, Associate National Executive Director, MDSC.

About the Mood Disorders Society of Canada:

The 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. With particular regard to depression, bipolar disorder and other associated mood disorders, the MDSC aims to improve access to treatment, inform research, shape program development and government policy to improve the quality of life for people affected by mood disorders.

For more information:

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