



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

[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca) | [www.troubleshumeur.ca](http://www.troubleshumeur.ca)

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*“Gamma-Dynacare is committed to giving back, and to helping ensure the growth of strong and healthy communities. To us, making a difference in the places where we live and work is a natural extension of our mission of: Providing Information. Impacting Lives. Caring for People.”*

**Naseem Somani, President and CEO**

I am happy to announce that this year, employees of Gamma-Dynacare Medical Laboratories voted to support Mood Disorders Society of Canada as its 2013 Lead Charity. One in five Canadians suffer from depression and other mood disorders, with the impacts of mental illness extending to the lives of many more.

Each year, with the help of employees, Gamma-Dynacare chooses one Canadian charity to which it makes a significant contribution. Typically, it is an organization that promotes health & wellness, has national reach, and supports a cause that is otherwise underfunded and under recognized.

As one of Canada's largest and most respected providers of laboratory services and solutions, Gamma-Dynacare is located in more than 75 communities across five provinces. Gamma-Dynacare strives to be a good neighbour by being a positive force for change in people's lives. Through corporate giving, they support programs that promote health and wellness and help build strong communities.

Mental health and illness have for too long lived under false knowledge and misconceptions, and sadly, the stigma that clouds mood disorders often prevents persons who may have mental health issues from seeking treatment for their conditions.

Many people fear what 'others will think' if they publicly acknowledge their health issue and seek treatment. Stigma and discrimination remain the number one concern for the majority of persons living with mental illness and their families because they live with its effects every day. Gamma-Dynacare is working with Mood Disorders Society of Canada to battle against stigma, raise awareness of mood disorders, and provide those affected by mental illness with a voice.

Through the generous support of our donors like Gamma-Dynacare, we are able make a positive impact on the lives of people who suffer with bipolar disorder, depression and other mood disorders. You can visit their website and learn more about their community involvement through: <http://www.gamma-dynacare.com/Content/Community/Community.aspx?expandable=7>

Phil Upshall  
National Executive Director  
Mood Disorders Society of Canada