



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

www.mooddisorderscanada.ca | www.troubleshumeur.ca

For Immediate Release



August 20, 2015

Mood Disorders Society of Canada is very proud to support Clay Williams, who will be embarking on an incredible feat, **Canal Pursuit for Mental Health** – a 750 Kilometre Run along the Trent Severn Canal to raise awareness of depression, encourage discussion, raise funds for mental health, and end the stigma of mental illness.

Clay starts his journey on August 28th at Lock #45 in Port Severn and runs to Trenton, across to Kingston, then up the Rideau Canal to Ottawa ending on Parliament Hill at the Centennial Flame on September 4, 2015.

As we know, too often, people are afraid of talking about mental illness because of the stigma which is attached to it. Clay is hoping to help raise awareness and funds for mental health issues. Clay's message is twofold: "Talk to someone you trust" and "physical activity helps make mood disorders more manageable".

Please help us spread the message, and join us in supporting Clay's Canal Pursuit by pledging and cheering him on along the way in the locks. Clay will be resting for two hours after every 10 hours of running, but depression never rests. Let's all pledge to show Clay our support for this significant effort!

Clay's full schedule is available at Defeat Depression website [here](#):

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, 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:

Dave Gallson

Associate National Executive Director

(705) 471-6101

info@mooddisorderscanada.ca

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