



May 2015 **E-Newsletter**

Donate



Campaigns



Peer Support



Education



Resources

Mood Disorders Society of Canada (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. [\[Learn More\]](#)

THE CANADIAN EDUCATORS CONFERENCE ON MENTAL HEALTH

MDSC held an exceptionally well received two-day conference in Ottawa, bringing together over 230 educators and educational leaders from across the country on April 23rd & 24th. Our goal was to provide the tools, and environment to share experiences and hear about the latest research in the field of mental health education.



The conference opened with remarks from Her Excellency Sharon Johnston, who has worked tirelessly to promote mental health in Canada and abroad. Her Excellency Mrs. Johnston provided an incredibly motivating and personal speech as a wonderful "kick-off" to the conference.

Patrick Cashman, President and GM of Lundbeck Canada spoke about the current state of mental health in Canada and the unique role that educators can play in shaping future generations.

Louise Bradley, President and CEO, Mental Health Commission of Canada, also spoke about the power of educators to nurture, encourage and impact the trajectory of students lives. Mary Deacon, Chair of the Bell Mental Health "Let's Talk" Initiative, also gave a deeply motivating and inspirational

DEFEAT DEPRESSION CAMPAIGN

Events are ramping up across the country on the spring [Defeat Depression Campaign](#). There are dozens of activities taking place across the country, as people pledge to move for mental health to reduce stigma, raise awareness as well as funds for community organizations. Please look for an event in your area, join and come out to have fun and support mental health!

WANT TO GET INVOLVED? HERE'S HOW:

Whether you want to do something in your home, with friends, at a school, in the workplace or if you would like to hold a Defeat Depression event in your gym or with a sports team, you can help make a real difference!

- **Organize!** [Start an event](#) in your community.
- **Participate!** Sign up and fundraise for an [event location](#) close to you.
- **Volunteer!** Send us an email at volunteer@defeatdepression.ca
- **Share!** Spread the word through [Facebook](#) and [Twitter](#)
- **Sponsor!** We are always looking for community sponsors to support local events. Interested? Email us at sponsorships@defeatdepression.ca

[Sign up today!](#)

- Make it a **family event**, have close friends and family host and participate in the donation process or help with volunteer needs!
- Host a **neighbourhood event** and have everyone on your block donate items and recruit people in your neighborhood to help with a sale.
- Go big and plan a community event to maximize revenue, awareness and excitement! This could include face painting, local entertainment, a BBQ, ice cream, door prizes and more.

Want to get involved in a great cause? Volunteers are needed for the national Defeat Depression campaign. Opportunities are available throughout Canada working on the national campaign. You can help us reduce stigma and raise funds for community mental health organizations and services. Advance the conversation on mental health right across the country. Some of the roles we have available are:

- Defeat Depression Campaign Volunteer Coordinator
- Defeat Depression Campaign Online and Social Media Coordinator
- Defeat Depression Campaign Tag Day Regional Coordinators
- Defeat Depression Campaign Youth Engagement Coordinator
- Elephant in the Room Anti-stigma Campaign Online Content and Social Media Coordinator
- MDSC Social Media Lead
- MDSC Web and Database Designer
- MDSC Community Relations Lead
- MDSC Community Team Lead
- MDSC Regional Project Management Associate

- MDSC Online Content and Social Media Coordinator
- MDSC Volunteer Coordinator
- MDSC Associate Volunteer Coordinator

Do any of these opportunities interest you? Send us an email: volunteer@defeatdepression.ca highlighting your interests, skills and experience. Our Volunteer Team will reach out to you!

Keep in touch! On [Twitter](#) #defeatdepression #mentalhealth [Facebook](#), [Youtube](#) & [Flickr](#)

INCREDIBLE ACCOMPLISHMENT

Congratulations to the [London Defeat Depression Walk & Talk](#) event that took place on February 28th, 2015 at Victoria Park. Almost 200 people joined forces to brave the cold weather and walk through the streets of downtown London to raise awareness around mental illness and reduce stigma! The event raised over \$23,000+ and net proceeds will be allocated to two local agencies - [CONNECT for Mental Health](#) and the [London Distress Centre](#). Thank you to everyone who supported the event!



"The Defeat Depression Campaign has been a life saver for our Mental Health/Depression Support Group. Depression is being talked about, stigma is being reduced, participants and donors are showing those who live with depression that others care about them, and this group is able to keep meeting - literally saving lives." ~ O.O. Annapolis County

The Defeat Depression Campaign provides hope and reduces stigma for those affected by depression and other mood disorders. Across Canada, mental health organizations, schools, community groups, caring companies, and concerned volunteers are planning walks, runs, rides and other physical and social activities to raise awareness and funds for mental health initiatives. Many organizations are struggling to keep up with increased demand for services. Through this campaign, Defeat Depression events raise funds to assist public and non-profit organizations that deliver critical mental health services and supports within their local communities, improving the lives of Canadians that are affected by depression and other mood disorders. Learn more

THANK YOU TO OUR NATIONAL SPONSORS

Thank you to our national sponsors. With your help, we are encouraging local non-profit organizations to fundraise in support of their community programs and services - 75% of net proceeds from our fundraising events go to local community organizations. Remaining funds are used to support education, awareness, stigma reduction, resource development, and administration of the Defeat Depression campaign. Thank you for your valuable contributions as we strive to improve mental health in Canada.



Commission de la santé mentale du Canada



ELEPHANT IN THE ROOM ANTI-STIGMA CAMPAIGN

The campaign continues to grow across Canada, with seven school boards recently coming on board. Through the Defeat Depression campaign, participants and hosts will also have access to fully branded posters. A printable workplace and school poster will be added to the campaign website and blue anti-stigma elephants as well as brochures will be available for order through the Defeat Depression online store.



Elephant in the Room is a high impact, low cost, anti-stigma, awareness raising initiative for mental illness. To customize the campaign and suit your specific needs, employers, organizations and schools can contact us directly at: info@mooddisorderscanada.ca. Join the campaign and show you are taking action to support mental well-being. [\[Read More\]](#)

Tweet it! Share a photo of your elephant with: [@MDSC_Elephant](https://twitter.com/MDSC_Elephant)

New locations join the campaign:

- University of Lethbridge
- King's University
- Sister High School
- Bishop's University
- Queen's University
- Hillfield Strathallen College

MDSC MENTAL HEALTH EDUCATION PROGRAMS



A National Anti-Stigma Training Program for Nurses and other Health Care Professionals

MDSC, in partnership with the Mental Health Commission of Canada (MHCC), Bell Let's Talk, and the Canadian Nurses Association (CNA) have worked together to develop a new, national mental health awareness and anti-stigma online training program for Nurses and other Health Care Professionals.

The program, built on the foundation of a National Anti-Stigma Training CME for Family Physicians and Specialists (developed in 2011/12), is aimed at changing perceptions around mental illness and improving health care services to achieve better patient outcomes. Dr. Vicki Smye has served as the Subject Matter Expert on the program, with support from a National Program Planning Committee made up of professional representatives from across Canada.

We and our partners are very excited to offer this program free of charge to all nurses and other health care professionals. The program is accessible through links on all partner websites.



Mental Health in the Legal Profession: An Online Education Program

Based on a new and dynamic collaborative partnership between MDSC, the Canadian Bar Association (CBA) and Bell Let's Talk; the Mental Health in the Legal Profession program is aimed at helping lawyers better understand mental health matters.

Led by two Subject Matter Experts, Dr. Patrick Baillie and Doron Gold, and supported by a National Project Advisory Panel including people with lived experience and legal professionals who work in the area, the program will offer the legal profession a new self-guided learning experience on mental illness. The course will be officially launched at the CBA Legal Conference in Calgary on August 14, 2015.

'Mental Health in the Legal Profession' will offer lawyers, judges and law students throughout Canada targeted education, supports and resources to help them understand mental health issues, how mental illness can affect their own as well as their family's lives and discuss what they can do to recover and maintain wellness.

New Educational Partnership with the National Initiative for Eating Disorders (NIED)

MDSC is very happy to have formed a new partnership with the National Initiative for Eating Disorders (NIED) to develop educational resources for healthcare professionals to raise awareness and understanding of eating disorders, with a focus on prevention.

The program will serve to educate, accurately diagnose and treat those impacted with the disorder. Work on this front will continue throughout 2015, based on research provided to the Standing Committee on the Status of Women's report released in November, 2014, 'Eating Disorders Among Girls and Women in Canada.' Evidence suggests that as many as 600,000 to 900,000 Canadians meet the diagnostic criteria for an eating disorder at any given time. MDSC is proud to be supporting NIED as they work together to address this very serious illness.

MENTAL HEALTH IN THE WORKPLACE

The Work With Us Program

Having been delivered onsite to over 100 public and private sector employers across Canada, this program has focused on getting the conversation started in the workplace on the impact and connection between our mental and physical health.

Funded as a three year initiative by the Government of Canada's Social Development Partnerships Program - Disability Component, it has been a leading example of how partners like the Mood Disorders Society of Canada and **The Arthritis Society** can come together to address the link between depression and arthritis.

In December, 2014 *Work With Us* materials were offered to over 180 Home Depot retail locations across Canada and the program was featured to fans on game day, February 1st, 2015 in the Vancouver Canucks Community Corner.

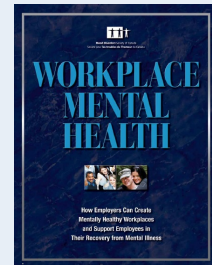
If you are an organization looking to start the conversation on supporting mental health and wellbeing in the workplace, **contact us** for more information or visit: workwithus.ca. For those interested in making a difference, visit our **Volunteer Training** page and register!



Work With Us Program Manager Jennifer Lee on the Vancouver Canucks Jumbotron.

MDSC's Workplace Mental Health Guide

The [Workplace Mental Health guide](#) was officially launched at the Canadian Educators Conference on Mental Health on April 23rd. The resource book has already been downloaded over 14,000 times and is filled with links to free resources, tools and supports. As a new addition to MDSC's public education series, this step-by-step book is your easy to follow guide on how to create a mentally healthy workplace and what to do when mental illness strikes. Please share the link with your family, friends and colleagues. It is a resource that everyone will value greatly.



MDSC PEER SUPPORT: MDSC AND PUBLIC SERVICES HEALTH & SAFETY ASSOCIATION JOIN FORCES

MDSC and PSHSA are very proud to enter a new partnership to promote the MDSC Peer Support Services program to Canadian workplaces and help employers implement the program. This is now being offered as a service to employers by the PSHSA, MDSC, and other partners.

As part of the development of peer groups, the Peer Support Services team can assist organizations with building resilience around trauma and the de-stigmatization of mental illness, as well as developing techniques for management on both formal and informal peer groups.

The Peer Support Special Advisors are here to assist organizations as a peer offers an employee a very beneficial and unique kind of support over what is available through more formal mental health, medical and social services channels.

With guidance and advice from the 17 extremely talented and experienced Special Advisors on Peer Support Services, we can assist organizations with meeting their needs for peer selection, training and group support across the country. We are very pleased to also announce that LCol Alexandra Heber MD, FRCPC, CCPE has joined our team. To learn more about MDSC's Peer Support program and how it can help your organization, visit: mdsc.ca PSHSA members can contact PSHSA directly at: pshsa.ca. [\[Read More\]](#)

Online Discussion Forum

MDSC provides a safe, supportive virtual place to discuss mental illness in our online Discussion Forum. With over 29,000 posts and more than 1,900 discussion threads in operation, if you need somewhere to look for support and guidance this is a great first step! We encourage you to [Visit our Forum](#).

Canadian Depression Research and Intervention Network (CDRIN)

CDRIN is a partnership between Mood Disorders Society of Canada (MDSC,) the **Mental Health Commission of Canada (MHCC)**, **The Royal's Research Institute**, the **University of Ottawa Institute of Mental Health Research (IMHR)**. Since the formation of this network, over 50 partnering institutions and organizations have joined CDRIN.



The project involves bringing together leading researchers, community organizations and persons with lived experience. CDRIN has successfully developed seven "HUBs" throughout Canada with various member organizations. [\[Read More\]](#)

PARTNERSHIPS

MDSC is always working on new collaborations and partnerships, having seen the impact that organizations can make together. We are very happy to be collaborating now with SEB Benefits & HR Consulting Inc. This new relationship will set our resources in motion, as SEB Benefits & HR Consulting Inc. provides a full spectrum of employer advisory services such as strategic benefits consulting, health, work and productivity, due diligence, diagnostics and HR Consulting.

As a national mental health organization, workplace mental health is a key priority and many of our programs and services focus on changing and improving how mental illness is addressed in the workplace. We provide onsite workplace mental health training, supports and resources that help your organization meet its goals. To connect with us, please [Contact Us](#) for a consultation. [\[Read More\]](#)

RxHelp and innoviCares



A reminder to our many followers that we were pleased to continue our partnerships with both RxHelp and innoviCares, allowing better access to brand name prescriptions.

The Canadian Alliance on Mental Illness and Mental Health (CAMIMH)



This year's Champions of Mental Health Awards were held at the Shaw Centre in Ottawa on May 5th. Every year the event recognizes exceptional Canadians who have made outstanding contributions in the field of mental health as well as mental illness awareness.

CONFERENCES

Canadian Association of Chiefs of Police Conference

Mood Disorders Society of Canada's Peer Support Special Advisors Syd Gravel and Brad McKay attended the Canadian Association of Chiefs of Police (CACCP) Conference in Mississauga February 18-19th, 2015.

The theme of the event was "Strategies for Psychological Health & Safety in Police Organizations"

and sponsors included the CACP and the Mental Health Commission of Canada. (MHCC). [\[Read More\]](#)

A Special Welcome

MDSC would like to offer our warmest welcome to Michael Wilson who has been selected as the new Chair of the Mental Health Commission of Canada. Mr. Wilson has been actively engaged in mental health for many years, both nationally and abroad and brings a wealth of professional and personal experience to the position. We believe that Michael will bring a wonderful perspective to this role and we look forward to working closely with him as we continue to support the work of the MHCC over the coming years.

Congratulations

MDSC congratulates the Government of Canada for recognizing the importance of mental health and social policy initiatives in Federal Budget 2015. We applaud the government's decision to extend the Mental Health Commission of Canada's mandate beyond 2017 for an additional 10 years. We look forward to continuing to work with the Commission as it strives to improve the mental health system and change attitudes and behaviours around mental health issues.

THANK YOU TO OUR DONORS

MDSC would like to extend a very sincere thank you to all of the donors who have supported us this year. While space limitations prevent us from listing the hundreds of organizations and individuals who have contributed, we want each and every one of you to know that your ongoing assistance is greatly appreciated as we continue to create programs and resources that local communities access and use to help families across the country.

Stay Connected with MDSC: Join us on [Twitter](#) [Facebook](#) [Email](#) or [Visit Us](#)

Positive change begins at home; please make sure to talk with your family about mental health. Mood Disorders Society of Canada depends on the generosity of Canadians to support our work in developing relevant programs and resources to serve the mental health community. Please make a tax-deductible donation to MDSC today!



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[Donate](#)

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