

## Our Mandate

Mood Disorders Society of Canada (MDSC) was incorporated in 2001 as a national, not-for-profit, consumer-driven, voluntary health charity.

**The MDSC's overall objective is to provide people with mood disorders a strong, cohesive voice at the national level by:**

- Raising the awareness of mood disorders as treatable medical disorders and working to eliminate the barriers to full community participation and reducing discrimination and stigma among the public, treatment and service providers, and governments.
- Building a national clearinghouse of information and resources related to mood disorders issues.
- Advocating for the creation of adequate and accessible, stigma free programs for those Canadians living with or suffering from a mental illness.
- Ensuring that the voices of consumers and family members are accurately understood and communicated on issues of national importance by building on existing networks and alliances.



## Our Mission

To improve the overall quality of life for people affected by mood disorders and shape the methods by which we address mental health and mental illness in Canada.



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

www.mdsc.ca Suite 736  
www.mooddorderscanada.ca 304 Stone Road West  
info@mooddorderscanada.ca Unit 3  
T: 519-824-5565 / F: 519-824-9569 Guelph, ON, Canada, N1G 4W4

 MoodDisordersSocietyCanada

 @MoodDisordersCa

## BE A MENTAL HEALTH CHANGE LEADER

Contact us to find out how you can get involved with MDSC to have a positive impact on your community, play a vital role in advancing awareness for mental health, and develop new skills and lasting friendships. You can make a difference!

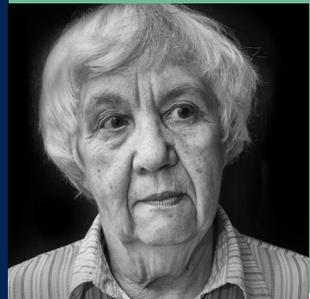
## SUPPORT US

Your support allows us to continue to invest in research, raise awareness for mental health, eliminate stigma, provide resources and supports and contribute to healthy public policy. There are many ways that you can contribute – individual gifts, tribute or memorial donations, corporate support or support our campaigns. A special thank you to our MDSC sponsors.

*Mood Disorders Society of Canada Charitable Registration Number:  
883984817RR0001*



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



## COMMUNICATIONS AND OUTREACH

We communicate on behalf of consumer and caregiver interests at all levels of government, in partnership with employers, the research community and other institutions that influence mental illness and mental health issues that are of importance to Canadians. Refer to the MDSC website for formal briefs and positions.

Our outreach activities include public education, campaigns that get Canadians involved in positive change for mental health, as well as addressing stigma and moving our research into practice.

## RESEARCH

MDSC is a founding partner of the Canadian Depression Research and Intervention Network (CDRIN) which aims to build new connections and cohesion among Canada's mental health research community, vast array of community mental health organizations, service providers and persons living with depression and Post-Traumatic Stress Disorder (PTSD) in ways that will open new approaches to detect, prevent and treat these life-altering illnesses.

CDRIN will foster multi-disciplinary collaboration and information sharing, to help build a consumer/patient-oriented environment.

### Partnerships

Our partnerships are regional, national and international. We are very proud of these innovative partnerships.

One example of a partnership is between MDSC and The Arthritis Society on the *Work With Us* project. This is a free workplace-



based program that supports Canadians living with depression and/or arthritis by giving them the tools they need to actively self-manage, lead healthier lives and fully engage in work. Through this program we collaborate with other regional associations and organizations to bring resources to people who need them.

MDSC is also very proud that our *Elephant in the Room* anti-stigma campaign has been launched internationally in Ireland and the U.K. through our partnership with Praxis Care.

### Engaging Youth

MDSC believes that youthful experiences drive some of the biggest changes and that is why we're encouraging and fostering youth empowerment. MDSC is creating a Youth Mental Health Strategy guided by and for an MDSC Committee made up of Canadian youth.

We provide information, guidance and tools to students, schools and organizations that want to participate in or start their own MDSC youth council.

### Collaboration

Collaboration is a key operational principle of MDSC. We work closely with provincial mood disorders organizations and provide assistance through a network of mental health stakeholder organizations and partners from coast to coast.

Committed to advancing mental health in Canada, MDSC is a founding member of the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) and is a member of the Neurological Health Charities of Canada (NHCC).

## EDUCATION CENTRE OF EXCELLENCE

MDSC has developed a mental health education centre. Our website contains many consumer and family resources, in addition to professional courses. We collaborate with partners and involve stakeholder consultations and research findings.

### Our most circulated public education and outreach products include:

- *What is Depression?*
- *What is Bipolar Disorder?*
- *Quick Facts on Mental Illness and Addictions in Canada*
- *What Better Feels Like: A Guide to Maintaining Wellness*
- *Workplace Mental Health*

### Our most circulated professional education and training includes:

- *The Work With Us series of resources, presentations, fact sheets and brochures*
- *Combating Stigma for Physicians*
- *Combating Stigma for Nurses and other Health Care Professionals*
- *A PTSD Training Program for Family Physicians and Specialists*
- *Lawyers Mental Health Program*
- *A Lived Experience Research Training Program*
- *Front Line Mental Health Training for Correctional Workers*



## OUR TWO NATIONAL CAMPAIGNS



Stigma can seem invisible but its effects are not. People with mental illness say that stigma can be worse than the illness itself. MDSC has prioritized stigma and discrimination as barriers to full inclusion for persons with mental illness and their families.

We have found that the little blue elephant acts as a symbol that *this* is a safe place to talk about mental health and illness without fear of discrimination or stigma. Donors can obtain a small blue elephant to display on their desk or at home or obtain a customized poster by contacting us directly. We are proud to announce our partnership with Praxis Care with this campaign in the UK and Ireland. We have distributed thousands of elephants world-wide.

 @MDSC\_Elephant



MDSC has led the development of a pan-Canadian mental health awareness, anti-stigma, and local fundraising campaign, *Defeat Depression*, emphasizing the connection between physical activity and positive mental health.

Across Canada, local mental health organizations, service providers, employers, schools and volunteers organize walks, runs and other physical or social activities inviting people to *Move for Mental Health* in support of their mental well-being. Monies raised through these activities help fund community organizations that provide direct services to people affected by mental health issues and their families. The goals of this campaign are to raise awareness, fundraise for mental health services, reduce stigma, build a mental health network, provide resources, and grow the campaign to new communities.

 [www.defeatdepression.ca](http://www.defeatdepression.ca)

 [info@defeatdepression.ca](mailto:info@defeatdepression.ca)