

Our Mandate

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

MDSC's overall objective is to provide those impacted by mental illness 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 a mental illness.
- Ensuring that the voices of individuals with lived experience and their 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 mental illness and shape the methods by which we address mental health and mental illness in Canada.



COLLABORATE

Collaboration is an MDSC operational principle. MDSC fulfills its mandate through an active partnership approach that engages like-minded organizations in the public, private, non-profit and voluntary sectors.

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 joining our campaigns. A special thank you to our MDSC sponsors.



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



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Mood Disorders Society of Canada Charitable Registration Number:
883984817RR0001



ADVOCACY AND OUTREACH

We advocate on behalf of individuals impacted by mental illness and their families to 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

At MDSC, we passionately believe in advancing our understanding of the causes, impact, and treatments of mental illness, through rigorous research that is both relevant and outcomes-based. Our research priorities are driven by a deep commitment to addressing the pressing challenges to improve our collective mental health, ensuring that our findings lead to tangible benefits for those impacted.

But our approach to research is distinct. We are firm advocates for the inclusion of persons with lived experience at every stage of research. Their voices, insights, and perspectives are not just a valuable addition; they are essential. We believe that true progress in mental health research can only be achieved when those with firsthand experience are actively engaged in the process. This unique collaboration ensures that our projects are not only scientifically robust but also deeply empathetic and relevant.

EDUCATION CENTRE OF EXCELLENCE

Our website contains educational resources in addition to professional courses. We collaborate with partners and stakeholders to advance research and programs.

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
- Medications and You
- Workplace Mental Health
- Operational Stress Injuries (OSI) & Other Traumatic Stress: Therapies and Treatments for Veterans
- Cannabis and You
- What Better Feels Like: A Guide to Maintaining Wellness

Other MDSC mental health resources:

- DepressionHurts.ca
- MyMira.ca
- VeteransPeerSupport.ca

MDSC recognizes the vital importance of caring for and supporting persons experiencing mental illness. We recognize that these illnesses have a significant effect on the individual directly living with it, and that it also directly impacts family members, caregivers and friends as well.



The Canadian Community Mental Health Network (CCMHN) unifies individual community-based organizations, fostering collaboration to address resource gaps and enhance mental health support across Canada.

CCMHN mobilizes Canada's community mental health organizations, acting as a catalyst for change through targeted and unified advocacy, focused education and communications, and the sharing of programs, resources, and knowledge that advances the collective efforts of community mental health organizations in Canada, improve the lives of individuals affected by mental health and beyond.

ccmhn.ca



MIRA the Mental Health Virtual Assistant uses an AI-enhanced chatbot, to assist those impacted by mental illness & their families to navigate mental health programs & resources. It provides this assistance through an empathic conversational interaction with users enabling MIRA to provide resources that match their individualized needs & preferences.

This collaborative project, led by MDSC, brings together the University of Alberta, Dalhousie University, APEC Digital Hub for Mental Health, University of Saskatchewan, Western University, AMII, AI4Society, Mental Health Research Canada, the Knowledge Institute on Child and Youth Mental Health and Addictions, and International Indigenous Health Research and Training Centre, and other partners.

mymira.ca

Programs for Veterans & Family Members

MDSC provides a variety of resources, supports, and programs for the Veteran, Military, and First Responder communities.

An example of some options:

1. One-on-One companionship phone calls offer a safe, private and trust-based social conversation
2. Peer Support Training – is a two-day course that is delivered virtually by MDSCs Peer and Trauma Support Services (PATSS) team.
3. Mental Health Resources – are available in a variety of formats on various topics.

Visit the website for more information.

veteranspeersupport.ca



MDSC believes that youthful experiences drive some of the biggest changes and that is why we're encouraging and fostering youth empowerment. MDSC created the National Youth Advisory Council 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.

nyac.mdsc.ca



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.

eitrc.ca



Defeat Depression, the pan-Canadian mental health fundraising campaign engages Canadians and raises funds to support improving mental health in Canada.

Funding provides direct financial aid to a variety of mental health organizations and initiatives, supporting programs and resources for the increasing number of Canadians impacted by mental illness.

This campaign allows Canadians to participate from wherever they are to show their support for improving the mental health of everyone. We invite all mental health organizations, service providers, employers, schools and volunteers to join.

Together we can improve mental health across Canada.

defeatdepression.ca