



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

WHAT WE DO

We work

- To reduce stigma and discrimination
- To ensure the voice of people with mental illness, their caregivers and families is heard and respected
- To shape research agendas
- To ensure the help that people with mental illness need is there for them, when they need it
- To provide informative public education resources that help people with mental illness, caregivers and families understand their symptoms and their treatment options
- To promote people helping people through our peer support forum
- To showcase positive stories of hope and recovery that talk about people with mental illness living full and productive lives



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BE A MENTAL HEALTH CHANGE LEADER

Volunteer at www.mdsc.ca/volunteer
Donate at www.mdsc.ca/donate
Shop at www.mdsc.ca/shop

YOU Can Make A Difference

Mood Disorders Society of Canada Charitable Registration Number : 883984817RR0001

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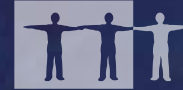
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IMPROVING THE LIVES OF CANADIANS WITH MENTAL ILLNESS & FIGHTING STIGMA



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WHO WE ARE

The Mood Disorders Society of Canada works collaboratively with health, research, private sector and government partners so that these organizations keep people with mental illness at the forefront of their activities.

We seek improved access to services, more research, better programs and government policies that have our interests in focus.



Mood Disorders Society of Canada
French version of MDSC is available at www.troubleshumeur.ca

EDUCATE

We offer information, training courses, seminars and booklets on :



Workplace Mental Health

Providing solutions for employers, reducing costs, increasing workplace productivity and creating mentally healthy workplaces.

Details at - www.mdsc.ca/educate

The Workplace Mental Health booklet is available at - www.mdsc.ca/docs/Workplace_Mental_Health.pdf

Peer Support Training

MDSC has recruited a team of incredible people with years of lived experience. The program also includes peer support and mental health professionals experienced in addressing trauma.

Details at - www.mdsc.ca/educate

Transition to Communities

A seven week employment-focused skills development program for Canadian Forces veterans.

Trauma Support Peer Training

Many people with mental illness have survived various forms of trauma. Peers are people who have “been there” and can understand.

Details at - www.mdsc.ca/continuing-education

Continuing Education

MDSC provides a wide variety of additional education materials, booklets, courses and research papers on topics of interest to people with mental illness, caregivers and their families.

Details at - www.mdsc.ca/continuing-education

Also see



What is Depression?
In French and English

What is Bipolar Disorder?
In French and English

Both available at www.mdsc.ca



SUPPORT

Support And Discussion Forum

Members can share experiences with others and ask questions. They can offer one another tips and advice that can only come from experience.

Details at - www.mdsc.ca/discussion-forum

What Better Feels Like

Just like it is important to recognize the signs and symptoms of depression so people will seek treatment, it is also important to recognize the signs of recovery. MDSC interviewed people to hear about their journey to recovery. The results were published in videos, a booklet that describes their experiences and a Wellness Guide.

Details at - www.mdsc.ca/resources



ACT

We all have a role to play.

Volunteer

MDSC invites you to volunteer; put your skills, experience and passion to work.

Details at - www.mdsc.ca/volunteer

Volunteer application at www.mdsc.ca/volunteer

See the section on **Defeat Depression** as a place to start your volunteer experience.

Details at - www.defeatdepression.ca



ADVOCATE

MDSC leads the way to ensure your voice is heard.

We engage in **anti-stigma work** that aims to lessen negative stereotypes, attitudes and beliefs and to counteract discrimination.

Details at - www.mdsc.ca/stigma

We produce **government briefs and advocacy papers** so that the issues important to people with mental illness, caregivers and families are placed strongly and persistently before the federal government and governments at other levels.

Details at - www.mdsc.ca/briefs

MDSC participates in **partnerships** with many organizations whose values and mission we share. We believe we can't do it alone.

Details at - www.mdsc.ca/partnerships



DONATE

Memorial / Tribute Donations

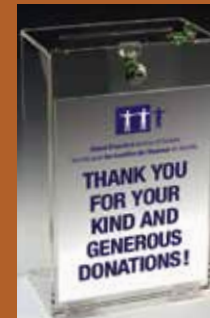
Honour a loved one through a gift to MDSC.

Details at - www.mdsc.ca/donate

Individual Gifts

Support the work we do with a donation.

Details at - www.mdsc.ca/individual-gifts



NATIONAL CAMPAIGNS

Defeat Depression
... move for mental health



Throughout the year, with MDSC's leadership, mental health organizations, community groups and caring companies plan walks, runs, rides and other physical activities to raise awareness and funds for mental health.

Join our campaign and show you care.

Details at - www.defeatdepression.ca

**ELEPHANT
IN THE ROOM**
ANTI-STIGMA
CAMPAIGN



People with mental illness often say that the stigma that accompanies mental illness is worse than the illness itself.

Opening up the conversation is the single best thing anyone can do for someone who is going through mental health issues.

Get the little blue elephant and display it prominently in your workplace, school or home.

Details at - www.mdsc.ca/stigma/elephant-in-the-room-campaign