



Mood Disorders Society of Canada
La Société Pour Les Troubles de L'Humeur du Canada



JOIN US, TOGETHER WE CAN #DefeatDepression!

Defeat Depression ©MDSC 2017

National Mental Health Awareness and Fundraising Campaign

Where Your Donations Go

Donations received through the Defeat Depression campaign assist local community organizations who provide critical supports and services to individuals and families affected by depression, mood disorders and other mental illness. Depression is a common illness affecting many people. It strikes all socioeconomic, educational, and cultural backgrounds. We want to open the dialogue to educate Canadians about mental health and break down the debilitating barrier of stigma.

We believe mental health is an integral part of a balanced and full life. While we all strive for mental wellness, we are susceptible to mental illness just as we are to physical illness. It is when we become mentally ill or struggle with mental health issues that we need the support of community organizations and the services they provide.

One in five Canadians will experience a mental illness this year and the need for community services has never been greater. Community mental health organizations and non-profit groups are struggling to keep up with demand. While mental illness reflects approximately 15% of the health care burden in Canada, only a small fraction of health care dollars are allocated to mental health (only 6% of health care funding in fiscal year 2003-2004). This directly impacts health services available in your community. We know that timely access to mental health care can make the difference between rapid recovery and return to daily living, or lifelong chronic illness.

This lack of funding is why your support makes a difference. For organizations who host events, seventy-five cents out of every dollar goes directly to the local organization(s) involved with the campaign. The remaining twenty-five cents helps support Mood Disorders Society of Canada with our work in education and awareness activities, stigma reduction, resource development, and administration for the Defeat Depression campaign needs of participating communities. For individuals who host events and work directly with MDSC, one hundred percent of donations support these outlined initiatives. Our work, research, resources and materials are available for use by all Canadians and organizations. We partner collaboratively to ensure an effective use of resources while improving the health care system to be patient-centred, effective and address a persons' individual needs above all else.

This campaign is successful because of people just like you. It encompasses friends, families, co-workers, neighbours, and caring organizations just like yours that volunteer to organize fundraising events in their local communities. Thank you for your continued support.