



**Mood Disorders**  
ASSOCIATION OF MANITOBA

*Helping people  
help themselves*

## **Talk to Someone Who's Been There**

One in five people will experience a mood disorder (depression, anxiety, bipolar disorder, borderline personality disorder, trauma informed, postpartum) in his or her lifetime. The Mood Disorders Association of Manitoba is dedicated to offering support to individuals and their families.

## **Our Vision**

To build an understanding community in the awareness of mood disorders through providing support and recovery to those living with mood disorders. We strive to be a centre of excellence for grassroots community mental health in an open yet confidential atmosphere.

## **Our Mission**

Helping Ourselves Helping Others

The Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education and advocacy for those living with a mood disorder, mood disorders and co-occurring disorders or other mental health illnesses. We increase public awareness about mood disorders and empower people to develop hope and recovery. Help yourself or those you love in hope and recovery from mood disorders.

## **You Can Help**

Donate: Help us to continue our vital work by contributing in a number of ways. To find out how you can help, call 204-786-0987 or email [info@moodmb.ca](mailto:info@moodmb.ca)

We have many exciting and rewarding volunteer opportunities:

Call 204-330-7821

Email [volunteer@moodmb.ca](mailto:volunteer@moodmb.ca)

**MOOD DISORDERS ASSOCIATION OF MANITOBA**

Phone: 204-786-0987

Website: [www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca)



## **Family**

MDAM has developed a comprehensive support program for family members who are experiencing the complex challenges associated with providing and receiving care to those living with mood disorders and/or addiction.

## **Youth Program**

Youth peer support groups, and M.A.D. (Music, Art & Dance) Camp – the objective is to create a peer supported, safe environment where teens affected by mood disorders, substance abuse, and other hardships of life can experience a community with like-minded people. Visit our website at [www.mooodisordersmanitoba.ca](http://www.mooodisordersmanitoba.ca) or call our office at (204) 786-0987 or email [youthprogram@moodmb.ca](mailto:youthprogram@moodmb.ca)

## **School and Education**

We offer a wide range of presentations intended to engage the schools to increase awareness about mood disorders and reduce stigma and to communicate about the supports and programs we offer. Visit our website at [www.mooodisordersmanitoba.ca](http://www.mooodisordersmanitoba.ca) or call our office at 204-786-0987 or email [youthprogram@moodmb.ca](mailto:youthprogram@moodmb.ca)

## **Workplace Mental Health**

We offer custom presentations designed to accommodate and improve mental health in the workplace.

## **Telephone Support**

Our toll-free telephone number is 1-800-263-1460 or 204-560-1461 allows callers from across Manitoba to access information and support. Trained volunteers with lived experience are available Monday – Friday 9AM – 9PM.

## **Peer Support Groups**

We offer free drop-in peer support groups at our Winnipeg office as well as throughout the province. No registration is required, and all groups are free of charge. Confidentiality is always respected. For a listing of support groups, please visit our website at [www.mooodisordersmanitoba.ca](http://www.mooodisordersmanitoba.ca) or call our office at 204-786-0987 or 1-800-263-1460.

## **One-on-One Peer Support**

One-on-One Peer Support is for anyone who wishes to connect with an individual with lived experience, in a wellness-based environment. It is support provided through individuals who understand what it is like to live with mental health issues.

**Recovery and self-discovery are possible  
Building hope is key**