

The Association

In 1983, the Society for Depression and Manic Depression was founded by Gwen Finnen as a self-help organization. In 1998, the organization changed its name to the Mood Disorders Association of Manitoba, Inc.

We Offer:

Peer Support

Staff and Volunteers provide support and information to the community and in hospital. We hold regular support meetings for sharing concerns, experiences, information and support.

Education

Public education forums promoting early awareness, recognition, and treatment. Group presentations and workshops aim to identify symptoms, educate and encourage clients and caregivers, reduce the stigma associated with these disorders.

Advocacy

We work together with other social and mental health providers to bring about positive change through public awareness and education.

For More Information

Contact:

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Regional Office



MDAM

**Helping Others To
Help Themselves**



**My Family Member,
Friend,
Co-Worker,
Has Depression**



How Can I Help?

What You Need To Know

- Depression can occur at any age. Approximately 1 in 4 women, and 1 in 8 men in Canada will have a serious mood disorder at some point in their lives.
- 80-90% of people with depression can be successfully treated. Yet because of the stigma associated with the illness, only about one third of those will seek help.
- 20% of patients visiting primary care physicians have depressive symptoms; the condition of nearly half of these go unrecognized.
- 29% of patients with mood disorders reported it took over ten years before receiving the correct diagnosis.
- Depression can affect people of any age, ethnic, or economic group.
- 80% of all suicides are carried out by persons who have a depressive illness.
- Thoughts of taking ones own life are so common in mood disorders, they are considered a symptom of the disorder.



Symptoms Of Depression

- Feelings of sadness, anxiety, and hopelessness.
- An inability to feel anything at all, an 'empty' mood.
- Loss of energy, feeling lethargic or tired all the time.
- Loss of motivation.
- Sense of impending doom and disaster.
- Thinking or memory impairment, or poor concentration.
- Feelings of guilt, worthlessness and low self-esteem.
- Restlessness, irritability.
- Increase or decrease in weight.
- Increase or decrease in sleep.
- Persistent thoughts of death, suicide, or hurting oneself.

Other Problems That May Be Experienced With Depression

- Frequently feeling weepy or close to tears.
- Feeling worse in the morning.
- Anxiety and/or panic attacks.
- Headaches or physical pain.
- School or work avoidance and/or failure.
- A gloomy pessimistic view of the future.
- Confusion - especially in the elderly.
- Impotence or frigidity



What You Can Do To Help

- Treat them with respect.
- Acknowledge their feelings.
- Avoid comments like "cheer up" or "pull up your socks."
- Encourage them to seek professional help.
- Help them accept they have an illness, not a weakness.
- When they need to talk, listen and give them uncritical support.
- Encourage positive self-talk. Help them find positive aspects in their life.
- Encourage them to join a support group. Go with them!
- Help them communicate their feelings to others.
- Help them to avoid stressful situations until they are able to deal with them.
- Join them in positive relaxation. See a funny movie or listen to music.
- Reward steps taken towards recovery.
- Help them to maintain a healthy lifestyle.

Let the person know you genuinely care!

Help them help themselves!