

Depression and Bipolar Disorder

Unipolar Affective Disorder and Bipolar Affective Disorder (often referred to as Depression and Manic -Depression) are MOOD DISORDERS that can occur at any age.

Approximately 25% of all women and 12% of all men in Canada will have a serious mood disorder at some point in their lives. About five percent of children are depressed at any one time.

What Causes Depression and Bipolar Disorder

Environmental events combined with a genetic predisposition lead to a depressive or manic episode. The following may also be factors:

- Stress
- Medication
- Viral Illness
- Personality Type
- Hormone Imbalance
- Injury or Major Illness

Medical research has found that people with Depression or Bipolar Disorder have a biochemical imbalance in one or more neurotransmitters - chemical messengers that transmit information along pathways of the brain.

What Treatments are Available?

Medication, psychotherapy, support, and lifestyle changes are usually necessary. A combination of these is usually the most effective treatment. The best treatment plan can be developed by working with a health care team.

A Checklist of Common Symptoms

Depression

- Feelings of sadness, hopelessness, 'empty' mood
- Feelings of guilt, worthlessness, low self-esteem
- Loss of energy and motivation
- Sleep disturbance - increase or decrease
- Appetite disturbance - increase or decrease
- Thinking or memory impairment, poor concentration, difficulty reaching decisions
- Sense of impending doom and disaster
- Irritability
- Suicidal thoughts

Mania

- Excessive elation
- High energy level
- Minimal sleeping
- Overspending
- Feelings of invincibility or grandiosity
- Rapid and unpredictable emotional changes
- Distractibility
- Irritability

Accompanying Symptoms

The following are not specific to mood disorders but should be noted and mentioned to your doctor.

- Headaches
- Confusion, especially in the elderly
- Anxiety - if severe, panic attacks.
- A gloomy pessimistic view of the future
- Sexual difficulties

Manitoba Regional Offices

Westman Region

Central Region

Interlake Region

Eastman Region

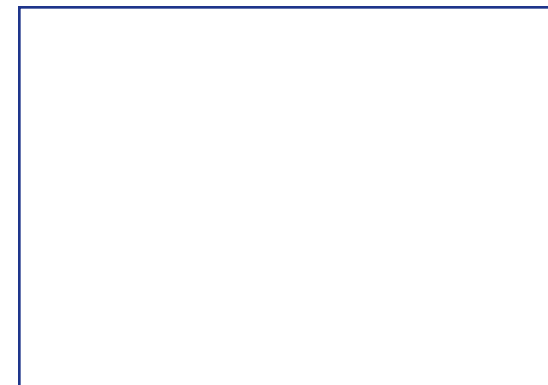
Norman Region

Parkland Region

Burntwood Region

PsycHealth Centre

Selkirk Mental Health Centre



Hours of Service

Varies from Region to Region

Provincial Office

Monday - Friday

9:00 a.m. - 4:00 p.m.

Mood Disorders Association of Manitoba



A Self-Help Association

Provincial Office

4 Fort Street, Suite 100
Winnipeg, Manitoba
R3C 1C4

Telephone: (204) 786-0987
Toll Free: 1-800-263-1460

The Association

In 1983, the **Society for Depression and Manic Depression of Manitoba** 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 group 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 service providers to bring about positive change through public awareness and education.

For further information on Depression, Bipolar Disorder, Childhood & Adolescent Depression, Seasonal Affective Disorder, and more, visit our website at:

www.depression.mb.ca

Or email us at:

mdam@depression.mb.ca

Mission Statement

We are a self-help organization whose purpose is helping others to help themselves through peer support, education and advocacy.

We will increase public awareness about mood disorders and empower people to develop and manage mental wellness.

We will provide a welcoming atmosphere to those dealing with co-occurring disorders.

Donations

All donations are gratefully received.

Three Types:

General Donation

“In Honor Of”

“In Memory Of”

- Donation monies are assigned to benefit the region from which the donation came.

The Association is a registered Canadian Charity. All donations of \$10.00 or more are receipted.

Support Groups

MDAM Support Groups meet regularly across Manitoba, please contact the office in your region or call 1-800-236-1460 for a location near you.

Volunteer Opportunities

Volunteers are integral to the creation and ongoing maintenance of MDAM's programs. There are opportunities to offer support and education directly to clients or to work behind the scenes. The following are samples of volunteer positions:

Peer Support Provider

Support Group Facilitator

Education & Awareness Speaker

Typing and Data Entry

General Office Worker

Special Events Assistant

Newsletter Team Member

Computer Specialists

And More!

Join our caring and dedicated team!

Contact the Coordinator of Volunteers or the Outreach Worker in your region to set up an appointment to discuss your interests and find out what the Mood Disorders Association of Manitoba has to offer.

Resource Centre

The Association has a resource centre with up-to-date information on all aspects of mood disorders.

We welcome all inquiries.

- Depression
- Childhood & Adolescent Depression / Bipolar Disorder
- Bipolar Disorder
- Seasonal Affective Disorder
- The Elderly and Depression
- Men/Women and Depression
- Others

Membership

Are you interested in becoming a member? Please complete the membership form below and forward along with a cheque to the Provincial Office.

Membership - \$15.00 Yearly.

If you would rather pay by credit card or interac, contact the Provincial Office.

Membership Application

Please Print

Name:

Address:

City:

Province: Postal Code:

Telephone Number:

New Member Renewal

I agree to abide by the bylaws of the association and to maintain confidentiality in respect to all personal information on any member of the association.

Signature:

Date: