

## What is MDAM?

The Mood Disorders Association of Manitoba (MDAM) is a non-profit, self help organization offering support to clients, family members, the community at large, education, and information.

Services include:

- Support Groups
- Peer Support- via telephone, in person, or by e-mail
- Educational Presentations
- Educational Displays
- A Quarterly Newsletter

In these ways MDAM helps individuals become more aware of these illnesses, their symptoms, and their treatments.

## You Can Help!

Your contribution can make a difference to someone in need. If you:

Are friendly and empathetic

Enjoy working with other people

Have an understanding of or are interested in mood disorders

## Mood Disorders Association of Manitoba's Mission is to:

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.

For more information

Contact:

Mood Disorders Association of  
Manitoba

4 Fort Street, Suite 100

Winnipeg, Manitoba

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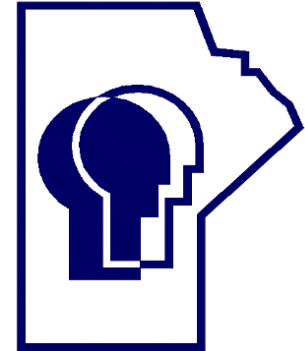
Telephone: (204) 786-0987

Toll Free: 1 (800) 263-1460

Website: [www.depression.mb.ca](http://www.depression.mb.ca)

E-mail: [mdam@depression.mb.ca](mailto:mdam@depression.mb.ca)

## Volunteer Opportunities



## Mood Disorders Association of Manitoba



## Did you know?

Percentage of Canadians who will experience depression in their lifetime : 8%

Percentage of Canadians at any one point in time who are depressed : 4-5%

Likelihood of off-reserve Aboriginal people experiencing depression: 1.5 times the general population

Percentage of homeless people with mood disorders: 38%

Age of onset for depression: Adolescence

Percentage of people who are depressed who respond well to treatment: 80%

Percentage of people who are depressed who never seek treatment: 90%

Percentage of Canadians who will experience bi-polar in their lifetime: 1%

Rates of bipolar disorder among men and women: equal

Number of doctors a person will see, on average, before obtaining the correct diagnosis of bipolar disorder: 4

Percentage of Canadians who experience the winter blues: 15%

Percentage of Canadians who have symptoms severe enough to be diagnosed with Seasonal Affective Disorder: 2-3 %

## 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.

Volunteer services include:

- Providing Peer Support
- Facilitating Support Groups
- Public Speaking
- Public Relations Work
- Special Events Assistant
- Education Team
- Newsletter Team
- General Office Work
- Data Entry and Typing
- Website Specialist
- Receptionist
- Revenue Development Team
- Program and Planning Team
- Board Member

## Helping Others... Helping Ourselves

Volunteer work offers a variety of exciting opportunities for growth. You Can:

- Obtain work related experience
- Enhance your self confidence
- Learn more about mood disorders
- Be recognized for your contribution
- Practice existing skills, develop new skills
- Make a real difference in the lives of others
- Increase awareness about mood disorders in your community
- Have a say in mental health support services

## 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.

If you wish to volunteer, you will be asked to complete an information form. All applicants are thoroughly screened to ensure the safety of everyone involved.