

Light a Candle of Hope

this Winter Season for
someone living with a mental illness



Help put an end to the Darkness...

The stigma of mental illness keeps many people living in the dark. It can have real damaging consequences for those struggling with a mental illness. Some of the more crippling effects are not seeking medical help [because of the stigma of having a mental illness], diminished social interaction and the inability to maintain employment [in a field the individual has the necessary qualifications].

For those living with a mood disorder [most commonly depression & bipolar disorder] there is hope. The Mood Disorders Association of Manitoba [M.D.A.M.] provides support to individuals with a mood disorder and their loved ones, helping them understand and accept their illness, its treatment and their role in recovery. We also assist those suffering from mania and depression obtain help from qualified professionals.

This year to help fight the stigma of mental illness we have a limited number of Candles of Hope available. Every time you donate \$10 to the M.D.A.M. you will receive your own personal Candle of Hope. Available in several beautiful colours and designs they stand as a visible reminder of your contribution supporting our mission to *"Help Others Help Themselves"*.

Our **'Light a Candle of Hope'** campaign goal this Winter Season is to give away 3,000 candles. Join us today by picking up your own Candle of Hope. It is a wonderful way to support the important people in your life who fight the stigma of mental illness every day!

Please contact the Mood Disorders Association of Manitoba
to pick up your Candle of Hope Today :



Toll Free 1-800-263-1460 or [204] 786-0987
Provincial Office: Suite 100 - 4 Fort Street
[Fort & Assiniboine, behind the Hotel Fort Garry]
Winnipeg, Manitoba R3C 1C4
website: www.depression.mb.ca

Facebook Group: Candle of Hope