

MENTAL HEALTH WEEK



May 6 - 12, 2024



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

HELLO
MY NAME IS



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

Helping People Help Themselves

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MOOD DISORDERS ASSOCIATION OF MANITOBA

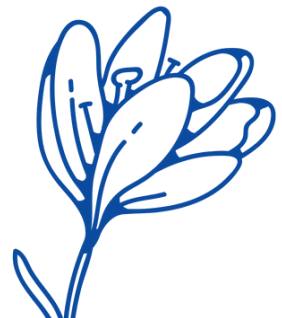
This booklet was created by
Mood Disorders Association of Manitoba
as part of a toolkit in support of Mental Health
Awareness Week, May 6 - 12, 2024.

The goal of this booklet is to spread awareness and
end the stigma around mental health, in particular
mood disorders.

In this booklet we discuss bipolar disorder,
depression, anxiety, postpartum depression,
disordered eating, and seasonal affective disorder.

If you would like more information,
please contact us at:

Mood Disorders Association of Manitoba
100 - 4 Fort Street
Winnipeg, MB, R3C 1C4
Phone: 204-786-0987
Fax: 204-786-1906
Email: info@moodmb.ca
Peer Support Line: 204-560-1461
Toll Free : 1-800-263-1460



Let's Talk About...

BIPOLAR DISORDER



Bipolar disorder, also known as manic-depressive illness, is a mental health condition that causes extreme mood changes. These mood swings can be intense and include periods of high energy and excitement (mania or hypomania) as well as episodes of deep sadness and hopelessness (depression).

During manic episodes, a person with bipolar disorder might feel overly energetic, have racing thoughts, and act impulsively. They may not sleep much and could engage in risky behaviors. On the flip side, during depressive episodes, they might experience overwhelming sadness, lose interest in activities they once enjoyed, have changes in appetite or sleep, feel worthless, and even think about suicide.

Bipolar disorder comes in different forms, such as bipolar I, bipolar II, and cyclothymic disorder. The exact causes of bipolar disorder are not completely understood, but it's believed that genetics, biology, and environment all play a role in its development.

Treatment for bipolar disorder usually involves a combination of medications (like mood stabilizers, antipsychotics, or antidepressants) and therapy (such as cognitive-behavioral therapy). Lifestyle changes, including regular exercise, good sleep habits, and stress management, can also be helpful in managing symptoms.

Raising awareness about bipolar disorder is important to reduce stigma and encourage understanding and support for those affected. With proper diagnosis and treatment, many individuals with bipolar disorder can lead productive lives and effectively manage their condition. It's essential to promote empathy and compassion towards mental health issues like bipolar disorder, especially in schools and communities.

How MDAM Can Help

At MDAM, we offer:

In-person Bipolar
Peer Support Group



Virtual Bipolar Peer
Support Group



Bipolar Resources



Visit our website at
www.moodmb.ca for
more details.



Let's Talk About...

DEPRESSION



Depression is a common and serious mental health condition that affects how a person feels, thinks, and handles daily activities. It goes beyond feeling sad occasionally; instead, it involves persistent feelings of sadness, hopelessness, and worthlessness that can interfere with daily life.

One of the key signs of depression is a persistent low mood that lasts for weeks or months. People with depression may also experience changes in appetite or weight, sleep disturbances (such as insomnia or excessive sleeping), fatigue or loss of energy, difficulty concentrating, and feelings of guilt or worthlessness. In severe cases, depression can lead to thoughts of death or suicide.

There are different types of depression, including major depressive disorder, persistent depressive disorder (dysthymia), and seasonal affective disorder (SAD), among others. While the exact causes of depression are not fully understood, factors such as genetics, brain chemistry, and life events can contribute to its development.

Fortunately, depression is a treatable condition. Treatment options include therapy (such as cognitive-behavioral therapy or interpersonal therapy) and medication (such as anti-depressants).

Lifestyle changes like regular exercise, healthy eating, and stress management techniques can also help manage symptoms and promote recovery.

It's important to remember that depression is not a sign of weakness, and seeking help is a courageous step towards feeling better. During Mental Health Week, let's raise awareness about depression, reduce stigma, and encourage empathy and support for those who may be struggling with this condition. By fostering understanding and providing resources, we can create a more supportive and compassionate community for everyone's mental well-being.

How MDAM Can Help

At MDAM, we offer:

In-person Anxiety & Depression Peer Support Group



Resources



Visit our website at www.moodmb.ca for more details.



Let's Talk About...

ANXIETY



Anxiety is a common mental health condition that affects how people feel and behave. It involves feelings of worry, fear, and unease that can be intense and persistent. While it's normal to feel anxious in certain situations, such as before a test or when speaking in public, anxiety becomes a concern when it interferes with daily life and activities.

There are different types of anxiety disorders, including generalized anxiety disorder (GAD), social anxiety disorder, panic disorder, and specific phobias. Each type of anxiety disorder has its own specific symptoms, but common signs of anxiety include excessive worrying, restlessness, irritability, muscle tension, difficulty concentrating, and sleep disturbances.

The causes of anxiety disorders can be complex and may involve a combination of genetic, environmental, and psychological factors. Stressful life events, trauma, or family history of anxiety disorders can increase the risk of developing anxiety.

The good news is that anxiety disorders are treatable. Treatment options include therapy (such as cognitive-behavioral therapy) to learn coping strategies and challenge negative thought patterns, as well as medication (such as antidepressants or anti-anxiety medications) to help manage symptoms.

During Mental Health Week, it's important to raise awareness about anxiety, reduce stigma, and promote understanding and support for those affected.

If you or someone you know is struggling with anxiety, reaching out to a trusted adult, school counselor, or mental health professional can make a positive difference. Remember, anxiety is a common condition, and help is available to manage and overcome it. Together, we can create a more compassionate and supportive community for everyone's mental well-being.

How MDAM Can Help

At MDAM, we offer:

In-person Anxiety &
Depression Peer
Support Group

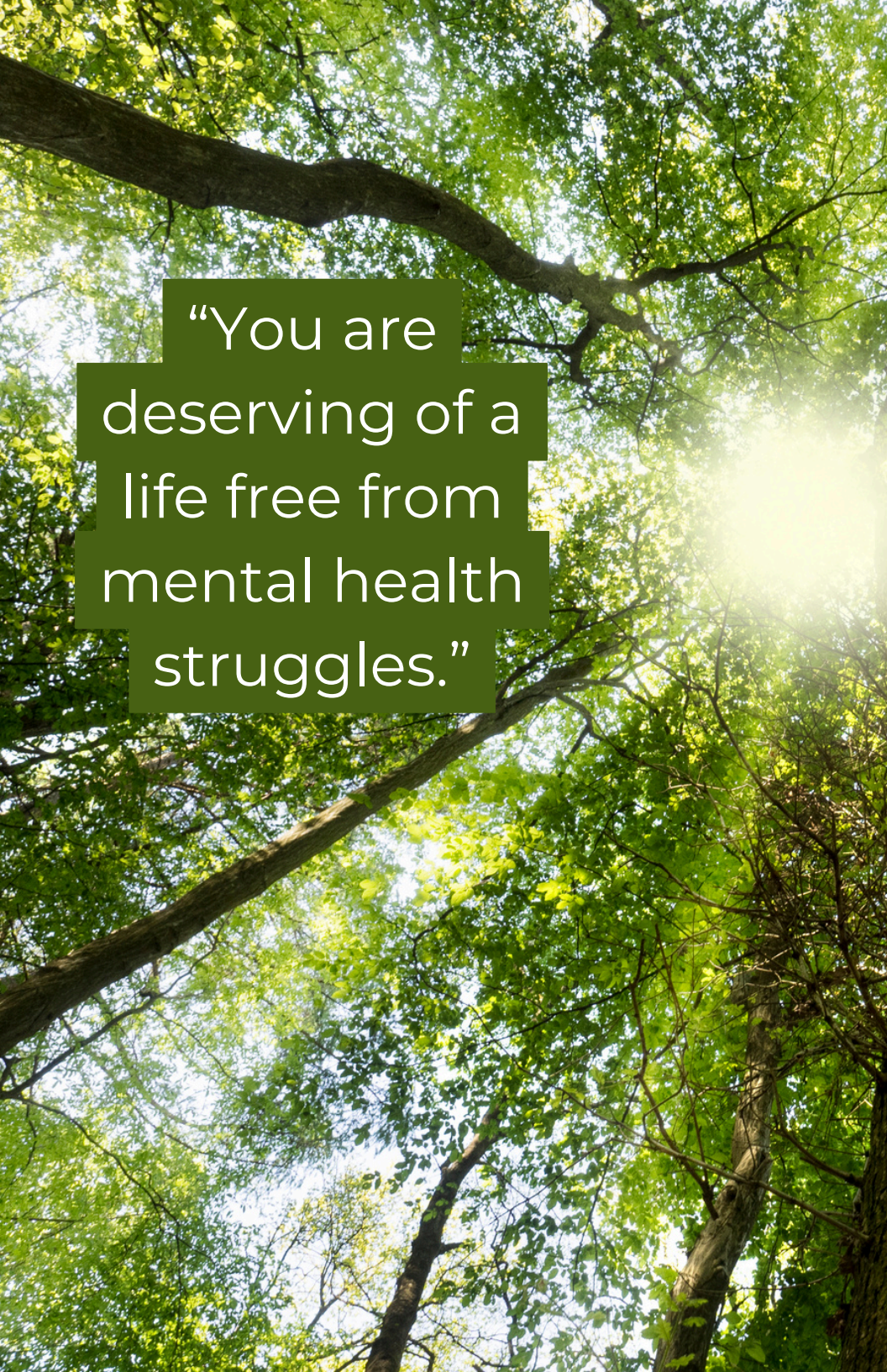


Resources

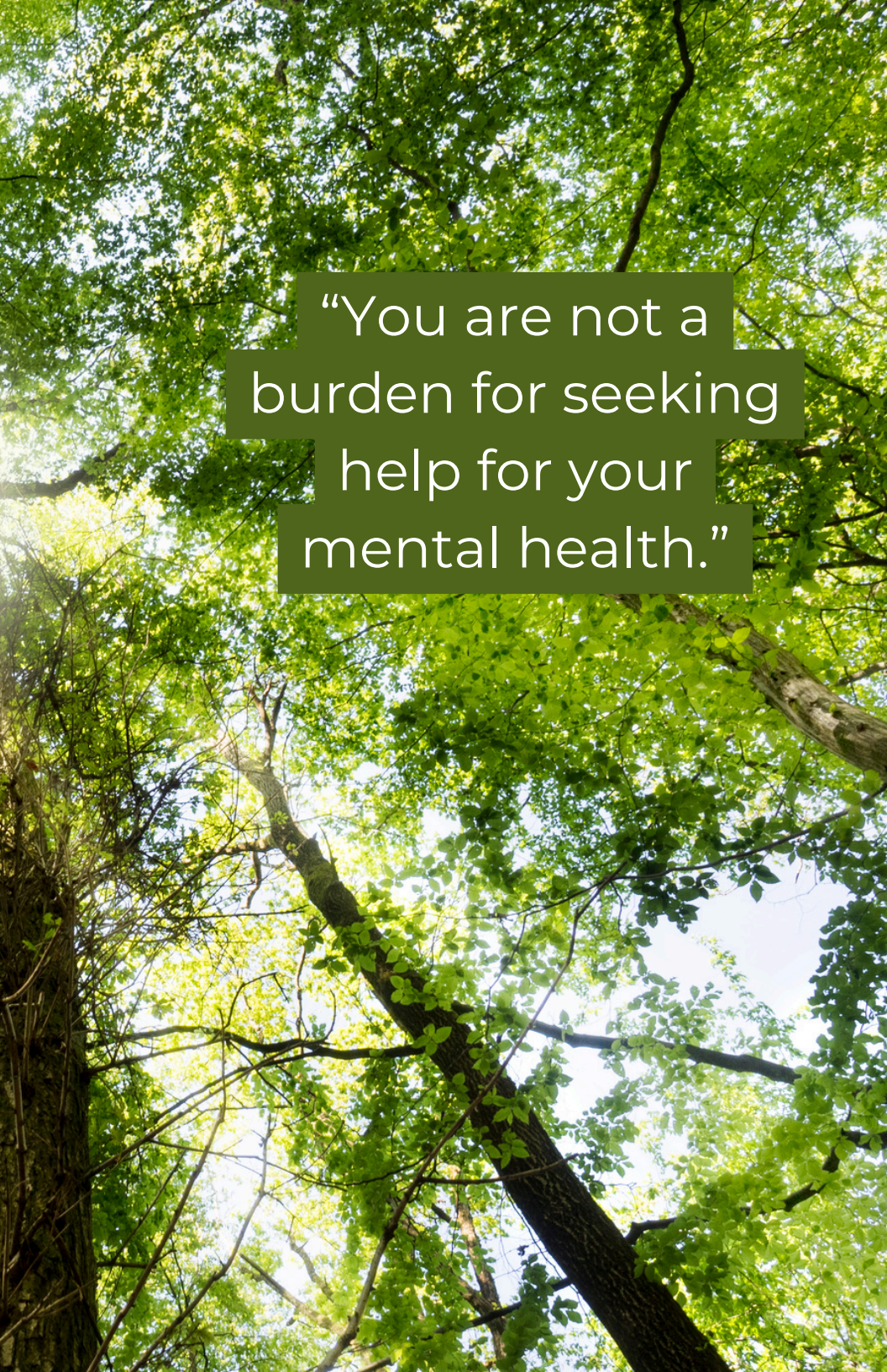


Visit our website at
www.moodmb.ca for
more details.



A low-angle photograph looking up at a dense canopy of green trees. Sunlight filters through the leaves, creating a bright, dappled light effect. The tree trunks are dark and textured, contrasting with the vibrant green foliage. The overall mood is peaceful and natural.

“You are
deserving of a
life free from
mental health
struggles.”

A low-angle, upward-looking photograph of a dense forest. The image is filled with vibrant green leaves and dark tree trunks, with sunlight filtering through the canopy, creating a bright and airy atmosphere. The text is overlaid on a dark green rectangular background in the center of the image.

“You are not a
burden for seeking
help for your
mental health.”

Let's Talk About...

POSTPARTUM DEPRESSION



Postpartum depression is a mental health condition that some mothers experience after giving birth. It's more than just feeling tired or overwhelmed—it's a serious mood disorder that can affect a mother's ability to care for herself and her baby.

Symptoms of postpartum depression can include feeling sad, hopeless, or empty most of the day, losing interest in activities once enjoyed, changes in appetite or sleep patterns, difficulty bonding with the baby, feelings of guilt or worthlessness, and even thoughts of harming oneself or the baby.

Postpartum depression can occur shortly after childbirth or even develop months later. It's believed to be caused by a combination of hormonal changes, psychological factors, and the stresses of caring for a newborn.

The good news is that postpartum depression is treatable with the right support and treatment. Mothers experiencing postpartum depression can benefit from therapy, such as cognitive-behavioral therapy (CBT) or interpersonal therapy, to help manage their symptoms and develop coping strategies. In some cases, medication may also be recommended.

It's crucial to raise awareness about postpartum depression and provide support for mothers who may be struggling.

If you or someone you know is experiencing symptoms of postpartum depression, reaching out to a healthcare provider or a mental health professional is important. With proper treatment and support, mothers can recover and enjoy their journey into motherhood. Let's work together to create a supportive and understanding environment for mental health during this special week and beyond.

At MDAM, we offer a virtual Postpartum Depression Peer Support Group. Please visit our website for more details.

How MDAM Can Help

At MDAM, we offer:

6-Week Baby Blues & Better Days Program



Resources



Visit our website at www.moodmb.ca for more details.



Let's Talk About...

DISORDERED EATING



Disordered eating refers to a range of abnormal eating behaviors that may negatively impact a person's health, emotions, and relationships. It can include restrictive eating, binge eating, purging, or a combination of these behaviors. Disordered eating often coexists with mood disorders like depression and anxiety, creating a complex interplay between food, emotions, and mental health.

When someone struggles with disordered eating, their relationship with food becomes unhealthy and may be driven by factors beyond hunger and nutrition. For example, individuals with depression might turn to food as a way to cope with negative emotions or to regain a sense of control. On the other hand, those with anxiety might experience intense worries or obsessions about food and body image.

Disordered eating can have serious consequences on physical health, leading to nutritional deficiencies, digestive issues, and weight fluctuations. It also takes a toll on mental well-being, contributing to low self-esteem, guilt, shame, and isolation.

Addressing disordered eating requires a holistic approach that considers both physical and emotional factors. Treatment may involve therapy to address underlying mood disorders and unhealthy eating behaviors.

Cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT) are effective in helping individuals change their thoughts and behaviors related to food and body image.

During Mental Health Week, let's raise awareness about the connection between disordered eating and mood disorders. It's important to encourage open conversations, reduce stigma, and promote compassionate support for those struggling with these challenges. Seeking help from healthcare professionals, counselors, or trusted adults is crucial for recovery and overall well-being. Together, we can work towards a healthier and more understanding approach to mental health and eating behaviors.

How MDAM Can Help

At MDAM, we offer:

6-Week Disordered Eating & Body Image Workshop



Resources



Visit our website at www.moodmb.ca for more details.



Let's Talk About...

SEASONAL AFFECTIVE DISORDER



Seasonal affective disorder (SAD) is a type of depression that occurs at certain times of the year, typically during the fall and winter months when there is less natural sunlight. This condition can affect people's mood and energy levels, making them feel more sluggish, sad, or irritable during these darker months.

The lack of sunlight is thought to disrupt the body's internal clock and lead to changes in brain chemicals like serotonin and melatonin, which play a role in regulating mood and sleep patterns. As a result, individuals with SAD may experience symptoms such as low energy, difficulty concentrating, increased need for sleep, weight gain, and withdrawal from social activities.

It's important to note that SAD is a real and treatable condition. Light therapy, which involves exposure to a special light box that mimics natural sunlight, is a common and effective treatment for SAD. Additionally, lifestyle changes such as regular exercise, spending time outdoors during daylight hours, and maintaining a healthy diet can help alleviate symptoms.

Recognizing the signs of SAD and seeking help from healthcare professionals are important steps towards managing this condition.

During Mental Health Week, let's raise awareness about seasonal affective disorder and remind each other to prioritize self-care, especially during the darker months of the year. By promoting understanding and support for those affected by SAD, we can contribute to a more empathetic and inclusive approach to mental health.

How MDAM Can Help

At MDAM, we offer:

In-Person Depression
& Anxiety Peer
Support Group



Resources



Visit our website at
www.moodmb.ca for
more details.



Let's Talk About...

MENTAL HEALTH RESOURCES



Are you struggling with your mental health? If you're in immediate danger or need urgent medical support, please call 9-1-1.

If you or someone you know is thinking about suicide, please call or text 9-8-8. Support is available 24 hours a day, 7 days a week.

Winnipeg Crisis Phone List

Klinic 24 Hour Crisis Line: 204-786-8686 or 1-888-322-3019

Klinic Sexual Assault Line (24 Hours): 204-786-8631 or 1-888-292-7565

Main Street Project: 204-982-8245

Manitoba Suicide Line (24 Hours): 1-877-435-7170

Mobile Crisis Unit: 204-940-1781

Willow Place Crisis Line: 204-615-0311 or 1-877-977-0007

Crisis Stabilization Unit, 755 Portage Avenue, 204-940-3633

Crisis Response Centre, 817 Bannatyne Ave: 204-940-1781

Rural Crisis Phone List

All Rural Farm and Rural Stress Line: 866-367-3276

Interlake: 866-427-8628

North Eastman: 866-427-8628

South Eastman: 204-326-9276 or toll-free 888-617-7715

Burntwood: 204-677-2381

Flin Flon: 204-689-9611

The Pas: 204-627-8224

Portage La Prairie: 204-857-6369

Winkler: 204-857-6369

Brandon and Assiniboine: 888-379-7699

Youth Winnipeg Crisis Phone List

Klinic Crisis Line: 204-786-8686 or 1-888-322-3019

Klinic Sexual Assault Line: 204-786-8631 or 1-888-292-7565

Manitoba Suicide Line (24 Hours): 1-877-435-7170 or or 204-784-4097 or reasontolive.ca

Youth Mobile Crisis Unit (17 & under): 204-949-4777 or 1-888-383-2776

Kids Help Phone (National Line): 1-800-668-6868

Crisis Text Line: text CONNECT to 686868

Emergency Shelter/ Youth Resource Centre,

159 Mayfair Ave 204-477-1804 or 1-888-477-1804

Manitoba Farm & Rural Support Services: 1-866-367-3276

Indigenous Crisis Phone List

IRSSS Toll-Free Line: 1-800-721-0066

24hr National Crisis Line: 1-866-925-4419

KUU-US Crisis Line: 1-800-588-8717

Tsow-Tun-Le Lum: 1-866-925-4419

Talk4Healing, Counselling for Indigenous Women: 1-855-554-4325

Anishnawbe Health 24/7 Mental Health Crisis Management Service: 1-855-242-3310

Hope for wellness Line: 1-855-242-3310

MMIWG Inquiry Support Line: 1-844-413-6649
(or info@mmiwg-ffada.ca)

Nunavut Kamatsiagtut Help Line: 1-800-265-3333



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