

MENTAL HEALTH WEEK

May 6 - 12, 2024



It's mental health week! We have created a small Mental Health Toolkit that can be downloaded from our website. This toolkit includes a booklet containing more information about mood disorders, stickers, bookmarks, and a fun activity workbook.

For more information and to access our Mental Health Week Toolkit, please visit our website or scan the QR Code.



www.moodmb.ca

Let's Talk About...

BIPOLAR DISORDER

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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 as well as episodes of deep sadness and hopelessness.

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Let's Talk About...

DEPRESSION

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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.

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Let's Talk About...

ANXIETY

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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.

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Let's Talk About...

POSTPARTUM DEPRESSION

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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.

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Let's Talk About...

DISORDERED EATING

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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.

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Let's Talk About...

SEASONAL AFFECTIVE DISORDER

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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.

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Let's Talk About...

MENTAL HEALTH RESOURCES

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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.

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