

MENTAL HEALTH WEEK

May 5 - 11, 2025

There is more
to me...



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

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