

There is more
to me than...

*My
Depression*



MENTAL HEALTH WEEK
May 5 - 11, 2025



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

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.

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



www.moodmb.ca