

Let's Talk About

# MENTAL HEALTH RESOURCES



MENTAL HEALTH WEEK  
May 5 - 11, 2025



**MDAM**  
MOOD DISORDERS  
ASSOCIATION OF MANITOBA

*Helping People  
Help Themselves*

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.

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



[www.moodmb.ca](http://www.moodmb.ca)