UBC Mental Health Awareness Club

Defeat Depression Run/Walk 2016
OUR MANDATES

• Raise awareness
• Eliminate stigma
• Advocate for mental health and community mental health needs
• Encourage interdisciplinary and interprofessional participation
• Provide professional and volunteer opportunities
You may have heard of us before...

Last term:

SUS - Dog Days
KUS - Getting Kintimate with K9s
CUS - Pet Visit Clinic
ARCHUS
ResLife
Defeat Depression Run/Walk

- 5k Run/Walk on campus
- National Partner: Mood Disorders Society of Canada
- Campus Partner: UBC Recreation
- Raised $13,000+ last year
- Provide community mental health support and services
- Yearly events such as pet visits and workshops
Get involved

• Fundraising website: mdsc.akaraisin.com/ubcvancouver2016

• Volunteer opportunities available
Make a team
Friendly competition
Prizes to be won

facebook.com/ubcmhac
ubcmhac@gmail.com
mdsc.akaraisin.com/ubcvancouver2016