

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

UBC
RECREATION



Mood Disorders Society of Canada
Société pour **les troubles de l'humeur** du Canada

www.mooddisorderscanada.ca | www.troubleshumeur.ca



Get involved

- Fundraising website: mdsc.akaraisin.com/ubcvancouver2016
- Volunteer opportunities available



Make a team

Friendly competition

Prizes to be won



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mdsc.akaraisin.com/ubcvancouver2016