



National Defeat Depression Campaign



About:

Defeat Depression encourages participation challenges or single-day events. While activities can be completed throughout the month of May, the campaign culminates in a national day of action, Defeat Depression Day, held on the last Saturday in May. Whether you choose to walk, run, cycle, or set a unique fitness goal, you make a meaningful impact on mental health in your community and beyond.

Details:

Date: Now until
May 31, 2025

Location: Canada-wide
Participate: Register & FUNdraise Today!

Proceeds of this event support:



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

Learn More:



National.DefeatDepression.ca
info@DefeatDepression.ca



@DefeatDepression.ca



@DefeatDepression.ca

Title Sponsor

Participating Sponsors

Supporting Sponsors

