



# 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  
2027!

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](https://National.DefeatDepression.ca)

[info@DefeatDepression.ca](mailto:info@DefeatDepression.ca)



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