



Make an Impact. Fundraise for Mental Health.



Hosting a Fundraiser? We've Made It Easy!

Whether it's a car wash, bake sale, BBQ, garage sale, trivia night, or anything in between—you can support the Defeat Depression Campaign with just a few clicks!

👉 Every fundraiser helps increase mental health education and support programs across Canada. Let's make mental health matter—one poster, one event, one action at a time.

Details:

Download your posters now:

👉 posters.defeatdepression.ca

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](https://www.facebook.com/DefeatDepression.ca)

 [@DefeatDepression.ca](https://www.instagram.com/DefeatDepression.ca)

Ready-to-Use Posters Available!

➔ Add your own date, time, and location

➔ Choose from several fun and flexible templates

➔ Start spreading the word today!

Title Sponsor



Participating Sponsors



Supporting Sponsors

