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### Family Caregivers Unite!

#### Archives Available

December 31st 2012: Mood Disorders, Stigmatization and Family Caregiving

Dave Gallson is the Associate National Executive Director of the Mood Disorders Society of Canada, [www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca). He explains his involvement with mental health. He describes the Society's mission and its programs, the people these serve, and the benefits. He gives examples of mood disorders and the challenges for persons with them and for their family caregivers. He says how stigma is experienced by persons living with mood disorders, and how it affects them, their families and their family caregivers. He discusses stigma in the workplace, in the wider community, and in the health

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### Featured Guest



#### Dave Gallson

Dave Gallson is the Associate National Executive Director of the Mood Disorders Society of Canada, [www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca). In 2002, he created a seven-week skills development program for persons with mental health challenges. He led this program's expansion to six cities across Canada. By 2009 it had assisted to return to work over 1,000 Canadians living with mental illnesses, plus 200 to return to school. The program was recognized by the 'Sharing the Flame Excellence in Learning' from the Canadian Council on Learning. He is Co-Chair of the Canadian Alliance on Mental Illness and Mental Health, and has served on the Canadian Psychological Association

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