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Family Caregivers Unite!
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April 22nd 2013: Family Caregivers, Help Us Defeat Depression

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Dave Gallson is the Associate National Executive Director of the www.mooddisorderscanada.ca. He shares his personal story, describes the Society, and explains the www.defeatdepression.ca. He talks about depression, its severity as an illness, who it affects, and how it affects them. He describes the care needed for persons it affects. He discusses the role of family caregivers in caring for young, adult and elderly family members who are affected by it. He says what more he wants to do and to see done to improve help for family caregivers with family members with depression. He describes what

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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. 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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