



FLOURISH

Understanding and Preventing Mood Disorders

Hello Readers!

Fall can be a busy time of year for many and can sometimes mean additional stress. It can be a time of transition, whether it's getting used to the colder temperatures and the decreasing hours of daylight, getting into the student routine, the working routine, or figuring out the next step.

We always like hearing about the different ways in which people cope and are resilient. This could be a good time to consider some strategies to use as we move further into the fall season. What do you find helpful when coping with stress? Are there any self-care activities you've used in the past that you could incorporate back into your life?

WHAT CAN YOU DO TO IMPROVE RESILIENCE?

It is in our best interest to engage in approaches to boost mood and mental health. This helps to strengthen our resilience when faced with life stressors. This issue's resilience piece is on worry and anxiety.

Worrying can be helpful when it spurs you to take action and solve a problem. But if you're preoccupied with "what ifs" and worst-case scenarios, worry becomes a problem. Unrelenting doubts and fears can be paralyzing. They can sap your emotional energy, send your anxiety levels soaring, and interfere with your daily life. But chronic worrying is a mental habit that can be broken. You can train your brain to stay calm and look at life from a more positive perspective. If you're interested in learning some new strategies, continue reading: [How to Stop Worrying](#)



LINKS AND RESOURCES

Electronically accessible information you may find helpful:

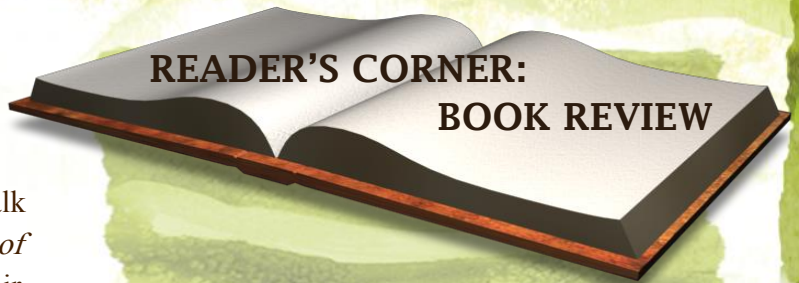
- Ontario Post-Secondary Student Helpline**
 Good2Talk is a free, confidential and anonymous helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario, 24/7/365. The number to call is 1-866-925-5454 (<http://www.good2talk.ca/>)
- Nova Scotia Helpline (Anyone can call)**
 For those living in Nova Scotia, there is a Mental Health Crisis Line that anyone can call: 1-888-429-8167. It is toll-free and available 24 hours day/7 days a week.
- PEI Helpline (Anyone can call)**
 If you live in PEI and could use a telephone support line, there is the Island Helpline: 1-800-218-2885. It is free, 24 hours, confidential and anonymous. (<http://www.healthpei.ca/islandhelpline>)

RESEARCH RESULTS

What Has Been Happening

Dr. Duffy has been invited to England this month to present on our research. She will give the following talk at the University of Oxford: *The early natural history of bipolar disorder: Implications for clinical staging*. Their Department of Psychiatry aims to “conduct world-class research, teach psychiatry to medical students, develop future researchers in our graduate programme, teach doctors in training, promote excellence in clinical practice, and develop and provide innovative clinical services.” We are proud to have our research recognized by such an institution and honoured that they have invited Dr. Duffy to describe it in person.

With the recognition that bipolar disorder (BD) develops in a series of predictable clinical stages, clinical and research focus has shifted increasingly into early intervention and prevention. These clinical stages of developing bipolar disorder are explained by Dr. Duffy in the paper [Interventions for Youth at Risk of Bipolar Disorder](#)



Perfect Chaos:

A Daughter's Journey to Survive Bipolar, a Mother's Struggle to Save Her

Authors: Linea Johnson and Cinda Johnson

[Perfect Chaos Book Review](#)

WE WANT
TO KNOW!

Do you have any comments, questions or suggestions? Is there anything you would like to see in future newsletters? We invite and welcome your feedback ☺ Please direct your responses to newsletter editor-in-chief Shannon McCloskey. Thanks for reading!

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FOR YOUR INFORMATION

There are countless medications that are used to treat mood disorders and other psychiatric difficulties. We will include information on different medications in each newsletter. Follow the link below to read about sertraline (Brand name: Zoloft)

Medication Information – [Sertraline](#)

