

On the cover

Depression, Marijuana and Ecstasy, Which Came First?

It has long been known that people with depression self-medicate, but it is not known for sure which came first. This article provides information about ecstasy and marijuana and their long-term and psychological effects on people self-medicating.

BY JANINE ROBB RN, MSC

Weight Gain and Medications

A brief history about medication for mood disorders, their side effects, the real cause of weight gain and the questions of whether or not it can be avoided.

BY SHERYLANN BARRINGTON

Why Suicide, and What to Do

Reasons why suicide might become a consideration and what you or a therapist can do to help someone with these feelings.

BY ANDREW TIBBITS MSW, RSW

Rona Maynard—"My Mother's Daughter"

Despite Rona Maynard's childhood struggles with depression, a domineering mother, an alcoholic father and, later, the fight against post-partum depression, she found success as the editor of one of Canada's foremost women's magazines.

BY ROBIN HARVEY

Fats: Harmful and Healthy Sources

Distinguishing between hurtful and healthful sources of fat.

BY KELLY MULCAIR RHN, RNCP

Your stories

Tom Regehr—The Courage to Come Back

Tom Regehr, one of the recipients of this year's CAMH Courage to Come Back Award, teaches about addiction to counsellors, an area he specializes in after spending years as an alcoholic and living on the streets of Toronto. Tom shares his struggles to become sober and successful in life.

BY SARAH PROWSE

The Little Boy Inside

Richard Walker-Haw shares his story of childhood abuse leading to traumatic flashbacks, isolation and depression, suicidal thoughts and his eventual diagnosis and treatment of post-traumatic stress disorder.

BY RICHARD WALKER-HAW

Understanding

Test Your Mood

A self-test for depression

Ask the Pharmacists

BY MARIA CROFT BSC, PHM AND BARBARA SOMMERVILLE, BSC, PHM

Ask Ron Ellis

Ron answers questions submitted by our readers.

BY RON ELLIS

Letter to the Editor

From Addiction to Spiritual Recovery

How dissatisfaction with life can lead to addiction and the need for us to "move beyond our dissatisfaction is to discover and recover who in truth we are and what we really need."

BY TERENCE FLYNN MA, MS, ICADC, ICCS, CCGC

PTSD: Effects on Civilians/Military People

The different ways in which post-traumatic stress disorder affects military personnel versus civilians.

BY AMIN KANJI BA, BSW HONS, MSW; ALEX LOPECHUK MS, RSW;

BRIAN HARVEY BSCN, CAPTAIN

Exuberance, the Champagne of Moods

Finding the benefits of and relationship between exuberance, optimism and the manic state.

BY WENDY CAMPBELL

To Ask for Help or Not to Ask for Help

Why so many people don't ask for help, why they should ask and where they can find this help.

BY MADALYN MARCUS BSC & HENNY WESTRA PHD

Barriers to Services and Treatment

The barriers to seeking help and how to navigate through these challenges to find the help each individual needs.

BY SABRINA HASSAN

Moods on Campus

Mastering Your Mind—the Magic of Words

Words that may help you to fight off distorted thoughts that could lead to customary attitudes and depression.

BY SANDY SHINER DIPCS, PHD

The Onset of Depression in Youth

A new study about a variant of the serotonin transporter gene and how it may precipitate, through little stress, a first episode in youth.

BY DR. KATE HARKNESS PHD, C PSYCH

Healthy Living

Fabulous Fats—Recipes

Breakfast yogurt with pizzazz, a nutritious trail mix snack, and chili-rubbed salmon with home-made fries.

BY KELLY MULCAIR RHN, RNCP

Workplace

Coaching Up

How to help your supervisor support you through your mental illness.

BY MARYANN BAYNTON MSW, RSW

Bookshelf

A short review of three books which may be of interest to our readers.