

## 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

### Couples Coping with Sexual Health and a Chronic Illness.

How a chronic illness can affect your sex life and what you can do to keep your sex life healthy.

BY ANNETTE KING

### A Modern Soldier's Family: Moving Beyond Anxiety

The mental health of military families today.

BY AMIN KANJI; BA, BSW HONS, MSW; BRIAN HARVEY; BSCN, CAPTAIN; ALEX LOPECHUK, MS, RSW; NANCY MURDEN, FL WRITER (DIP); P/OT (DIP)

### Linda Hamilton, Terminating Bipolar Disorder

Linda Hamilton talks about her long road to conquering bipolar disorder, along with drug and alcohol abuse. She discusses her desperate search, from ages 23 to 40, to try and understand herself and the mood swings that consumed her during her Hollywood career.

BY ROBIN HARVEY

### Muscle and Bone Health - Nutrients and Tips (Including Healthy Recipes)

At age 40 we begin to lose muscle mass, which not only weakens us, but it also impacts our bone health and ability to recover from injury. Information on nutrients for muscle and bone health and tips for preserving both.

BY KELLY MULCAIR RHN, RNCP

### When the Boss May Have a Mental Illness

What to do when the person who may be unwell has authority over you.

BY MARYANN BAYNTON

## Your stories

### Thriving in the Face of Mental Illness

Just before her 16th birthday, Marie Asuncion experienced paranoia, anxiety and she began hearing voices. This brave and talented young musician and university graduate shares her incredible journey.

BY AMBER DUNFORD

### Over the Top—Jackie's Story

Jackie Kirk, who was born near Timmins, Ontario, shares her frightening experience with scrambled thoughts, sleepless nights, guilt-ridden feelings as she struggled to raise a family while being tormented by an undiagnosed illness—bipolar disorder.

BY JACQUELINE KIRK

## Understanding

### Test Your Mood

A Self-test for depression

### Ask the Pharmacists

Questions and answers about medications asked by our readers and answers by participating pharmacists

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

### Ask Ron Ellis

Ron answers questions submitted by our readers.

BY RON ELLIS

### Left-overs From the Holiday Season

How addicts and their family members can manage the stress and anxiety of the holiday.

BY M. LINDA BELL, ICADC, FACATA, CCS

### The Happiness Myth and Why It Can Make You Sad

Understanding meaningful goals in life; how we can best help ourselves attain those goals; and develop the patience, persistence and forgiveness to keep on working to succeed.

BY DR. SANDRA SHINER, DIPCS, PHD

### Getting Better, Feeling Stronger

Some simple ways to increase your strength and feelings of competence.

BY WENDY CAMPBELL

### The Therapeutics of Touch

How society has changed with respect to touch and how skin-to-skin contact can break the isolation-depression factor.

BY ANDREW TIBBITS, MSW, RSW

### Pushing "6"

A former mental health outpatient shares her hesitation to seek help and how her decision to do so changed her life.

BY CAROLYN DIXON MARRIAM

### Everything I Needed to Know I Learned from a Band-Aid

An enlightening description of mental illness that everyone will understand.

BY CAROLYN DIXON MARRIAM

### Horse as Therapist Part II

The changes horse therapy is undergoing to assist therapeutic riders with mental illness, including trauma victims.

BY SHERYLANN BARRINGTON

## Healthy Living

### Household Chores—The Pain of It All

Thinking differently about household chores; the benefits and tips on how to do them effectively and painlessly.

BY BRUCE FLIGG, DC, MTS

## On Campus

### A Healthier Way to an "A" at School

Examining the mental health benefits of exercise on school and studying.

BY KRISTINA SPITERI

## Classified Ads

## Bookshelf

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