

On the cover

- 13** **Insomnia—You Want To Sleep, But You Can't**
Understanding and treating insomnia.
By Barak Raz, MA (C) OACCPP, Therapist
- 15** **Fighting Weight Gain From Medications**
Tips on how to lose weight and maintain a healthy weight while taking psychiatric medication.
By Nipa Mukerji
- 28** **Choosing A Therapist**
Clarifying the various types of therapists, their credentials, and tips on how to choose a therapist that is right for you.
By Jessica Schvey
- 35** **Organizing For Healthy Eating**
Planning for healthy eating; how to do it, what to have on hand, helpful resources, buying, stocking, cooking, storing tips and more.
By Kelly Mulcair RHN, RNCP
- 39** **Whitney Houston—Rocky Road To Recovery**
The pop singer's rocky road to recovery from her drug addiction, and volatile relationship with her now ex-husband, rapper Bobby Brown.
By Robin Harvey

Understanding

- 8** **Test Your Mood**
- 10** **Ask The Pharmacists**
By Maria Croft BSc, PHM and Barbara Somerville, BSc, PHM, AND
- 12** **Ask Ron Ellis**
Ron Ellis responds to questions asked by Moods' readership about mood disorders.
- 18** **Supporting Someone With Mental Illness**
Guidance regarding the support which is most important to consumers.
By Wendy Campbell
- 20** **Understanding Depression And MS**
How to recognize depression when living with another illness such as MS and how to handle it.
By Claudette Villena
- 22** **ECT vs rTMS Treatment For Depression**
A comparison of two treatments being used to treat severe depression.
By Sherylann Barrington
- 25** **Suicidality In Individuals With Bipolar Disorder**
Understanding the seriousness of suicidality with people living with bipolar disorder.
By Huma Khader (HBCS) and Joanna K. Soczynska
- 30** **The Journey From Illness To Recovery**
Themes from people who have been there.
By Mary Ann Baynton, RSW, MSW

On Campus

- 32** **Leading The Way**
A guide to mental health action; what you can do to start making a difference in the area of mental health.
By David Venn, Jess Wishart, Jennifer Corriero and Stan Kutcher, MD, FRCPC

Healthy Living

- 38** **Healthy Recipes**
Vanilla spiked pumpkin smoothie, cranberry almond edamame salad, and lemon dill shrimp casserole.

Workplace

- 44** **Is It Better To Work Or Play?**
Discovering what the most important thing it is that we want to do in our lives.
By Sandy Shiner, DIPCS, PhD

Research

- 47** **Schizophrenia And Bipolar Disorder Share Genetic Roots**
A study traced schizophrenia and bipolar disorder, in part, to the same chromosomal neighborhoods.
By The National Institute of Mental Health

Resources

- 50** **Book Shelf**
A selection of books recommended for our readers.

Peer To Peer

- 51** **Life In A Day**
Sean, a person living with depression, shares his life experiences and thoughts.