

understanding

Mood disorders in simple terms

A basic description of the types of mood disorders.

Test your mood

A self-test to help determine if you might be suffering from depression.

Ask the pharmacists

Medication questions about mood disorders.

Ask Ron Ellis

Ron answers questions submitted by our readers.

So what is normal

Is depression a normal part of aging?

Postpartum depression (PPD)–Series II

Understanding the needs of diverse women.

CBT Workshop Series–Part II

Reducing stress and keeping your social support network strong.

Spare the Children

The emotional impact of separation and divorce on children.

MS can cause depression

Facts about MS and depression and how to deal with it.

healthy living

Just Breathe

Some simplified exercises to help motivate those with depression.

Omega-3 fats

Why we need omega-3 fats and how they help with depression.

Good mood menus

How to make the most of a summer getaway

Why you should choose a spa as your vacation destination.

Gardening–an holistic experience

Gardening tips to make your summer hobby pain free.

your stories

Ontario's Lieutenant Governor

The Hon. James K. Bartleman's life with depression. The challenges His Honour has faced over the years and how he manages to maintain a high functioning life at work and at home.

Out of the darkness

A young woman describes how she dealt with her diagnosis of depression, changed her lifestyle, and became "an improved version of herself."

research

Bipolar disorder questionnaire

CP for severe depression

Research now shows cognitive therapy is successful in treatment of severe and chronic depression.

Acupuncture for substance abuse

Toronto Western Hospital uses acupuncture to diminish cravings.

Substance abuse and bipolar disorder

Results of research on bipolar disorder and substance abuse.

workplace wellness

The sandwich generation

The challenges of raising children while caring for aging parents.

Depression and heart disease–a killer

The correlation between depression and heart disease. Why depression is being labelled as a killer.

research

VNS and rTMS–novel therapies

Two new potential treatments for depression-resistant patients.

DBT–dialectical behaviour therapy

Gord Conley shares his story of how he overcame his illness.

Novel medications for treating bipolar disorder

Atypical antipsychotics–how they work to treat bipolar disorder.

resources

Classified ads and upcoming events

Listing of associations, clinics, and support groups across Canada

bookshelf

The editor's/readers' choice of books