

## **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.

### **I am only one person**

Understanding elders and loneliness.

### **"Your say" survey**

A survey where your opinion can make a difference.

### **I don't know how this happened**

Substance abuse and the elderly.

### **Art therapy**

The use of imagery to assist in healing from depression.

### **Mania**

A student's poem about how mania feels.

## **teen talk**

### **Left on the steps**

Substance abuse among adolescents.

## **healthy living**

### **Good food menus**

Foods that assist in maintaining good mood and why.

### **Relaxation exercises**

Breathing and muscle relaxation exercise.

### **Taking care of you**

Tips to help you feel good.

### **Pet therapy**

Rocky's unconditional love—a true story.

### **Faith, hope and healing**

A man's journey through depression and suicidal thoughts.

## **your stories**

### **Marathon champion - a winner at all odds**

The Dan Carter story - depressed alcoholic turns his life around

### **One is what one is**

A woman's views on bipolar illness and how it affects her.

## **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**

### **You're fired**

Duty to accommodate in the workplace - Employer's responsibility and your rights.

### **Putting the breaks on negative stress**

Recognizing & coping with negative stress.

## **health centres at a glance**

### **UBC's new mood disorders clinic**

Their new programs that integrate research and treatment.

## **peer to peer**

### **A column offering support and empowerment**

## **resources**

### **Classified ads and upcoming events**

### **Listing of associations, clinics, and support groups across Canada**

## **bookshelf**

### **The editor's/readers' choice of books**