



FLOURISH

Understanding and Preventing Mood Disorders

Hello Readers!

Finally, spring is here! Since our last newsletter, we have been busy. In Ottawa, we have moved and begun settling into our offices at the University of Ottawa Health Services (www.uottawa.ca/health). Our new contact details are at the end of the newsletter.

Throughout the winter both sites have continued to catch up with participants and families, as well as to work on upcoming publications. We are currently also working on the analysis of the salivary DNA samples collected over the past few years. In the summer we are planning to do the same for the salivary cortisol samples. We extend a heartfelt thank you to our participants for helping us with all that spit sampling!

TREATMENT APPROACHES FOR HIGH RISK YOUTH

Dr. Duffy has recently written an article that summarizes the findings of research thus far regarding prevention, intervention and treatment approaches for youth at risk for bipolar disorder. This may be of particular interest for the parents of our families. If you would like a copy of this article, called **Interventions for Youth at Risk of Bipolar Disorder**, please feel free to email me.



LINKS AND RESOURCES

Electronically accessible information you may find helpful:

- Some people go through life solving day-to-day problems without needing help to cope. But a severe illness, an accident or an emotional crisis can overwhelm us and suddenly we need help. This Canadian Mental Health Association offers resources and tips on getting help when you need it most: <http://www.cmha.ca/mental-health/find-help/>
- [Eating Well and Mental Health](#): This website created by the Royal College of Psychiatrists in London, UK is for everyone who wants to eat healthily. It may be particularly useful for people who feel that their mental health problem or its treatment has affected them in the way they eat.

RESEARCH RESULTS

What Has Been Happening

As a result of growing international interest in the research, in February Dr. Duffy travelled to Turin, Italy and presented at the Royal Society on the topic of bipolar disorder research.

We also recently put in an application to CIHR (Canadian Institutes of Health Research) for a renewal of our research grant for the next funding period, so we have our fingers crossed!

WHAT CAN YOU DO TO IMPROVE RESILIENCE?

With or without a mood disorder, it is beneficial to engage in approaches to boost mood and mental health. This helps to strengthen your resilience when faced with life stressors. We know that exercise is very important to both our mental and physical health. The following short video helps explain why:

[Exercise and the Brain.](#)

Want some tips on how to become more active? Read [Tips to Help You Get Active](#), which is geared towards students but has plenty of tips anyone could try.



FOR YOUR INFORMATION

There are countless medications that are used to treat mood disorders and other psychiatric difficulties. We will include information on different medications in each newsletter. Please follow the link below to read about citalopram (Brand name: Celexa)

Medication Information – [Citalopram](#)



WE WANT TO KNOW!

Do you have any comments, questions or suggestions? Is there anything you would like to see in future newsletters? We invite and welcome your feedback ☺ Please direct your responses to newsletter editor-in-chief Shannon McCloskey. Thanks for reading!

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