



# FLOURISH

## Understanding and Preventing Mood Disorders

### Hello Readers!

Many of us found this past winter too long, so it is great to say that spring is officially here! The clocks have sprung ahead and thankfully it's lighter out there at the end of the day. Throughout the winter we've



continued with our annual research visits and we want to sincerely thank all participants and families for your support.

### WHAT CAN YOU DO TO IMPROVE RESILIENCE?

This issue's resilience piece is on coping. The Centre for Studies on Human Stress says that "coping refers to the thoughts and actions we use to deal with a threatening situation. A stressful situation may be considered a threat for you but not necessarily for your friend. Or, you and your friend may become stressed by the same situation, but for different reasons."

There are many different ways to cope with stress, and one way is to use positive distraction. Click on the link below to find a list of 99 coping skills you can draw on when you're in need of a distraction. This list is geared towards younger people but can easily be used by adults as well:

[99 Coping Skills](#)



### LINKS AND RESOURCES

Electronically accessible information you may find helpful:

- [www.mymentalhealth.ca](http://www.mymentalhealth.ca) is a website designed to provide information about mental health (including types, common symptoms, causes, myths, and tips) as well as some measurement tools (such as stress level, mental health meter)
- <http://novascotia.ca/help/>. A website listing several sources of help, support and resources for people living in Nova Scotia. PDF version available: <http://novascotia.ca/help/Support-Resources.pdf>



## RESEARCH RESULTS

### What Has Been Happening

Dr. Duffy was part of a Google Hangout event that was hosted by Evidence-Based Mental Health, a journal that aims to engage psychiatrists and psychologists in the challenge of basing their practice on evidence. It is published by the Royal College of Psychiatrists, the British Psychological Society and the British Medical Journal. The google hangout focuses on one of our latest publications about the staging model and early recognition of mood disorders in high-risk youth.

To watch the video, click on the link: [Dr. Anne Duffy Evidence-Based Mental Health Google Hangout Event](#)



An interesting aspect of this video is that it involves mental health professionals from different countries getting together to discuss and compare their perspectives on how to best help high-risk youth. We are planning and looking forward to collaborating with mental health professionals in the UK and we will share more information about this as this develops.

**Need some support in talking to your children or teens about drugs?**

[Kids and Drugs: A Parent's Guide to Prevention](#)

[How to Talk with Your Teen about Drugs](#)



*May 4<sup>th</sup>-10<sup>th</sup> is Mental Health Awareness Week in Canada*

**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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