



FLOURISH

Understanding and Preventing Mood Disorders

Hello Readers!

Summer is finally here. This past spring we have been working on a collaboration with Oxford University to bring technology into our research study. We will soon be introducing an option for participants to take part in an electronic mood rating diary. This will involve entry of emotional symptoms through a program called True Colours (<https://www.truecolours.nhs.uk/>) on a cell phone, laptop, iPad/tablet, etc. This aspect of the study is useful for self-monitoring as it allows the person entering their mood ratings to see their results on a graph, providing helpful feedback about moods, trends and patterns.

And speaking of technology, the Mood Disorders Centre of Ottawa has updated its website:

www.mdco.ca

To our Maritimes participants – we would like to let you know that we are currently competing for renewed funding in order to see if we can continue the research. This means that research visits are currently on hold at the Maritimes site but we will keep you updated with any news of progress.

To our Ottawa participants – we would like to let you know you that our research coordinator Shannon McCloskey will be going on maternity leave towards mid-September. We'd like to introduce our new colleague Tiffany Patterson, who will be taking over the research duties during this time. Tiffany is also a certified counsellor and we're very happy to welcome her to the team!



LINKS AND RESOURCES

Electronically accessible information
you may find helpful:

- <http://www.familyguidetomentalhealth.com>
Peer-to-peer family interviews, documentaries, online forum and text information resources are designed to give family members real life guidance, insight and hope from families who have made the journey before you.
- www.mindyourmind.ca is a unique youth-oriented website that offers many resources including strategies to maintain wellness, space to submit and share stories/experiences of young people, and interactive tools and games to educate, help with coping and making a plan for being well

RESEARCH RESULTS

What Has Been Happening

Press Release: Trudeau joins internationally renowned doctors to raise awareness

“The Mood Disorders Centre of Ottawa (MDCO) is delighted to have the support of respected mental health advocate Margaret Trudeau to help raise awareness about the centre's need for stable funding. Mrs. Trudeau has lauded the MDCO's pioneering research on mental health disorders and is gravely concerned that the lack of funding for research of this kind will jeopardize the MDCO's future, and that of its patients.

For the past twenty years, the MDCO has made significant contributions to understanding mood disorders, including depression, bipolar disorder, and youth who exhibit suicidal behaviour. However, without longer term, stable funding, the MDCO is at risk of closing – which would be a devastating outcome for the many patients and families the MDCO serves, as well as for the findings from two decades of unique investigations of children and adolescents coming from families with bipolar illness.”

To continue reading the press release [CLICK HERE](#)



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. Follow the link below to read about trazadone (Brand name: Desyrel)

Medication Information – [Trazadone](#)



WHAT CAN YOU DO TO IMPROVE RESILIENCE?

This issue's resilience piece is from www.mindyourmind.ca and helps to remind us of how to take time to enjoy and appreciate the simple things in life. It can be easy to get caught up in all that is going on around us, but there are numerous benefits to taking a moment to focus on the little things. For a list of 30 tips, take a look at: [Taking Joy in the Simple Things](#)



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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