



The Mood Disorders Association of Ontario

FAQ's (frequently asked questions)

Q. What written information is available for consumer/survivors and families?

- A. We have fact sheets on coping with depression and manic depression, seasonal affective disorder, post partum depression, coping tips for families, suggested reading list and FAQs about support groups, resource books and a lending library with books and DVDs for members to borrow.

Q. Are MDAO support groups facilitated by professionals?

- A. MDAO support groups are peer led by volunteer facilitators. Our facilitators are trained by experienced mentors. Our group leaders are people that have been affected by a mood disorder and are therefore able to relate to group participants on a personal level.

Q. Who can attend a support group?

- A. Anyone dealing with a mood disorder and seeking support may attend a standard group. MDAO also runs groups for family members and caregivers, women only, youth and men's groups. Many support groups are offered throughout Ontario. Call MDAO for details and the location nearest you 1-888-486-8236.

Q. What is MDAO's position on taking medication for a mood disorder?

- A. MDAO does not make recommendations on individual treatment plans. We encourage people to speak to a qualified health professional for specific treatment options. Our support and services are designed to act as a complement to traditional treatment options, NOT to replace them.

Q. What kind of information can a person receive by calling the toll free number?

- A. The telephone information and support volunteers provide referral information to appropriate mental health and other social service agencies, information on how to find a doctor and support to callers who need a friendly ear. Our telephone volunteers are people that can provide peer support to people affected by a mood disorder.

The Mood Disorders Association of Ontario provides support, information and education as a complement to traditional and alternative therapies. MDAO services are not intended as a replacement for other treatment options and encourages individuals to seek treatment by a qualified health professional.

Mood Disorders Association of Ontario (MDAO)

36 Eglinton Avenue West, Suite 602, Toronto, Ontario M4R 1A1 Telephone: 416.486.8046 Toll-free: 1.888.486.8236
 Fax: 416.486.8127 E-mail: info@mooddisorders.on.ca Website: www.mooddisorders.on.ca