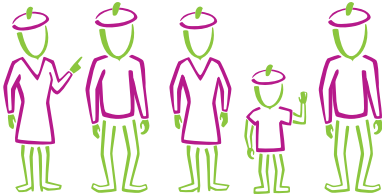


What are mood disorders?

There is no simple explanation as to why some people suffer from mood disorders while others do not.



Mood disorders are common conditions such as depression, anxiety, and bipolar disorder that affect your mental health. 1 in 5 Canadians will struggle

with a mood disorder in their lifetime. Many people ignore their symptoms because they are afraid to talk about them or they don't know where and how to get help.

- Having a mood disorder is not a sign of weakness; it is a medical illness, just like heart disease or diabetes.
- Anyone can be affected by a mood disorder; mood disorders don't discriminate.
- Mood disorders affect people of every profession and every walk of life.

One in five people in Canada will struggle with a mood disorder in their lifetime



Take a load off your mind. Get the checkup.

It's a simple on-line test, and it can be the best thing you do all day. Just a few questions can help tell you whether your moody moments are okay, or if a doctor should know about them. Go to:

checkupfromtheneckup.ca



Brought to you by the Mood Disorders Association of Ontario
1-866-363-MOOD (6663)
www.mooddisorders.ca



Do you get a regular physical exam?



Do you get your eyes checked regularly?



Do you get your teeth checked regularly?



So, what about your head?



Treatment options

Mood disorders are common and they are treatable. Most people who seek treatment get better and live stable, healthy and productive lives. The treatment options for mood disorders have improved significantly; there are new medications and therapies available for both youth and adults.



Treatments for mood disorders may include medications (such as antidepressants or mood stabilizers) and/or psychotherapy (counselling). Often a combination of both is the most effective.

Your mental health is just as important as your physical health. This simple, online, private, mental health check-up can identify some symptoms of common mood disorders so you can get help if you need it. You can also learn more about mood disorders on this site and find resources to help yourself, your family members, or friends.

We welcome your comments and feedback about this site and general mental health issues. However, specific questions about your mental health should be directed to the appropriate health care professionals. We will not attempt to answer those enquiries.

Why create this website?

Mood disorders are very common. They affect almost 10% at some point and yet few people seek treatment. Sometimes people are afraid to talk about it, or they don't recognize that they're experiencing a treatable illness. They may not know where or how to get help. This website was created to raise awareness about mood disorders and connect people with resources to get help if they need it. An online check-up offers privacy for people who want to learn more, and it's so easy to do that everyone can participate as part of their basic health routine.

About the check-up quiz

The screen and questionnaire were developed from validated tools developed in North America, and tested in Ontario and British Columbia. Some items were adjusted to make them more user-friendly in a web-based environment.

Privacy and confidentiality

Your answers to the check-up are added up as you go and deleted from our server once you leave the site. We know this information is personal, and we don't collect any individual information about you or your results through the check-up. We keep an aggregate counter running on the quiz, and that's all.

The tell-a-friend feature doesn't collect any email information.

If you choose to send us your **Checkup Story**, you are giving us unlimited permission to use your story, verbatim or in partial quotes, to promote our website and project in any media form. Any contact information you include with your story, however, will not be used without your express permission. Contact information is collected only so we can contact you to discuss your story in more detail.

What happens after I take the check-up?

Once you've answered the check-up questions, you can print out your results. You can take this page to your doctor or mental health professional to discuss your concerns.

You can also find more information about mood disorders, read our factsheets and find mental health resources.

Don't forget to come back and get your check-up every 6 months. **Take care of your mental health!**

What's the story behind the acorn?

The visual signature of the "**Check Up from the Neck Up**" program is a stylized acorn. Like the veterans' poppy and the Cancer Society's daffodil, it conveys an appropriate message in several different ways. And over time, we expect it to gain similar impact and understanding.

The acorn is a familiar, natural, everyday object with quick and easy recognition in the North American context. More important, it is a symbol of untapped potential and growth - "Great oaks from little acorns grow." This reinforces the overall intent of the program: to stimulate people to take charge of their own health and thus free themselves to achieve whatever they can.

The acorn also bears a significant resemblance to the human head, particularly in early autumn when it wears its little beret/cap. As presented in the "**Check Up**" logo, it has a jaunty, carefree look, suggesting to the viewer that "taking care of yourself from the neck up" should be a normal part of life, comfortable and not to be feared.

