



CHECK UP *from the* NECK UP.ca

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.

checkupfromtheneckup.ca

Brought to you by the

Mood Disorders Association of Ontario

1-888-363-MOOD (6663)

www.mooddorders.ca

Take a load off your mind. Get the checkup!

Give this card to someone you trust:

- EAP
- Supervisor
- Clergy
- Social Worker
- Co-Worker
- Teacher
- Parent
- Friend
- Guidance
- Counsellor
- Doctor
- Psychiatrist

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Warning Signs of a Mood Disorder:

significant and disruptive
fluctuations in mood

feeling sad, empty, hopeless,
guilty, worthless

feelings of elation or a grandiose
sense of self

excessive or diminished energy

disturbances in eating or sleeping
habits

increased irritability, crying or
anxiety

difficulty concentrating,
remembering or making decisions

feeling suspicious of others,
worried that others are out to get
you or talking about you

lack of inhibition and unusual risk
taking or spending

withdrawing from work, friends,
school, family

thoughts or attempts at suicide or
self-harm

lack of interest in activities
previously enjoyed

difficulty initiating or completing
tasks