

# MY CHILDREN WERE 5 AND 8 YEARS OLD WHEN THEIR FATHER DIED BY SUICIDE.

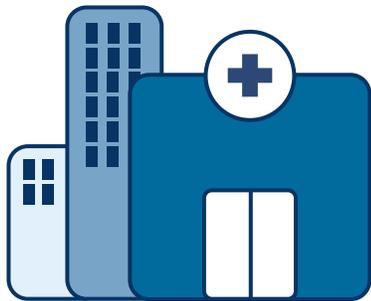
Marie-Hélène's husband lived life to its fullest. Tragically, suicide became his solution to eliminate the suffering caused by his bipolar disorder. Mood disorders are devastating because they completely change the day to day lives of those affected. Long term treatment, regular follow-ups and medication are sometimes needed to maintain a sense of normalcy.

At the Douglas Institute, we believe that a better scientific understanding of mental illness will make more effective treatment and management of mood disorders possible. Our interdisciplinary teams work together and coordinate research efforts to collect biological, psychological and social knowledge that helps in our pursuit of knowledge. By integrating these discoveries into clinical care, we enable our mental health experts to build hope for our patients and their families.

**Mood disorders include bipolar disorder, major depression and dysthymia. People affected by these mental illnesses tend to feel negative emotions more intensively than the rest of the population.**

## MOOD DISORDERS

### Our current situation



According to the most recent data provided by the Government of Canada, it is estimated that approximately 11% of men and 16% of women will suffer from a major depression during their lifetime. Mood disorders like depression or bipolar disorder have serious consequences for those who suffer from them, ranging from simple fatigue to suicidal thoughts. They are the most common mental illnesses among the general population.

**56%**

56% of people who suffer from a bipolar disorder develop another disorder linked to alcoholism or addiction later in life.

**24%**

Suicide accounts for 24% of all deaths among people aged 15 to 24 years old and 16% of people aged 25 to 44. Around 4,000 Canadians commit suicide every year.

**49%**

Almost half (49%) of people who believe they have been affected by depression or anxiety never consult a medical professional.



Dr. Gustavo Turecki is the Scientific Director of the Douglas Research Center, Head of the Depressive Disorders Program and Director of the *Réseau québécois sur le suicide, les troubles de l'humeur et les troubles associés*. **His unique expertise contributes to advancing our knowledge of mental illness** and sets in motion cutting edge research and patient care at the Douglas for people affected by mood disorders.

To learn more about our services, visit [fondationdouglas.qc.ca](http://fondationdouglas.qc.ca)

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## MOOD DISORDERS

### The Complex Mood Disorders Program (CMDP)

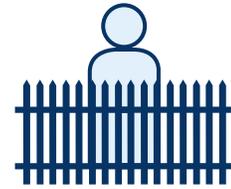
The Complex Mood Disorders Program (CMDP) offers super specialized services for users suffering from mood disorders or anxiety and their families. It uses an **integrated approach between clinical activities, education and research.**



Super specialized clinics to treat patients affected by anxiety, bipolar disorders, borderline personality disorders or depression.



An intervention team for affective disorders that facilitates detection, diagnosis and intervention at the first signs of early symptoms.



Continually works to abolish age barriers that complicate access to care for young patients transitioning to adult services.

**Did you know?**

The CMDP treats people suffering from bipolar, depressive, suicidal, obsessive-compulsive and personality disorders, PTSD, as well as anxiety. These specialized services include a short-term care unit and ambulatory services to meet the needs of our patients.



Dr. Serge Beaulieu is researcher and Medical Chief of the Bipolar Disorders Program at the Douglas Institute. He is particularly interested in the biological and environmental factors of bipolar disorders to better understand what causes them. His interdisciplinary team coordinates its efforts to make discoveries that will help to prevent and treat this mental illness for all those who are affected.



**BUILDING HOPE**  
The movement

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