

# Mood for Thought

Summer 2022 Edition



MDO's Peer Newsletter

Enhancing the quality of life of  
people with mood disorders  
and their loved ones since  
1986.

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**Info Line:** 613-526-5406

**Fax:** 613-737-7644 / Attention MDO

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**Website:** [www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca)

Also on Facebook and Instagram

# WE'RE BACK!

We are so excited to announce that  
MDO's Peer Newsletter, **Mood for Thought**,  
is BACK!

Same name! New format!  
Better than ever.

For the members, by the members.

## **Letter from your Board of Directors:**

We are so excited to have MDO's newsletter back. Since February 2020 there has only been one publication of **Mood for Thought** and how we have missed it!

During the last two years, MDO has been very busy adapting itself to the Covid-19 pandemic restrictions and redefining its programs and activities. To protect the public's health, we had to convert all of our programs, peer groups and events to a virtual platform to be able to continue to offer each other support during these unique and challenging times.

We hope that this peer newsletter will help us stay connected and informed as we once again face new challenges brought upon us by the reopening of services. As the city of Ottawa begins to diminish its restrictions, we must be prepared to adapt ourselves to any new realities that may arise from continuing waves of the pandemic. We hope that **Mood for Thought** will be a new tool in our wellness toolbox. **Mood for Thought** will remind us all that we belong to a group of likeminded people who unconditionally accept, support and encourage each other in our recovery journeys.

**Recovery is possible with peer support!**

# MDO Breaking News

## Programs and Events Update

- **Annual General Meeting:** MDO's AGM will be held in September. Date to be confirmed. Come listen to our year-round successes and hopes for the future. More info will be posted on the MDO website when available.
- **In-person groups:** Waiting for the CMHA to open their doors to the public and receive permission to host our support groups or programs in-person. We will keep you posted on any updates.
- **Summer Picnic 2022:** July 19 2022 4 pm - 8 pm under the gazebo at Andrew Haydon Park (3127 Carling Ave). Subway lunch boxes, BINGO, amazing participation prizes and much more. **FREE for members!** Not yet a member? Visit our website to sign up as a member and register to attend!
- **MDO's Annual Art Auction and Exhibition:** All art pieces have been donated for your viewing pleasure and are available to purchase. 100% of the proceeds will go towards supporting MDO activities and programs. Auction closes at 9pm Sunday, August 28th.
- **MDO Received Grant Funding from The Ontario Trillium Foundation!** These funds will mainly support summer programs, new programs, peer support & mugs up facilitators, PPE and an outreach initiative!
- **For more up to date information on our programs, activities and events, visit MDO's website, call our information line or follow us on Facebook and Instagram:**



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# MDO's Peer Round Table For Facilitators

Reserve these dates in your calendar for  
MDO's Facilitator Peer Round Table!

**The last Sunday of every second month:**

- July 31st, 2022 (6:30 pm to 8 pm)
- September 25th, 2022 (6:30 pm to 8 pm)
- November 27th, 2022 (6:30 pm to 8 pm)



An opportunity for all MDO Facilitators to gather and to

- Provide feedback,
- Ask questions,
- Support one another, and
- Build on facilitation skills.

Members can express their feedback regarding MDO programs, events and peer support groups to their facilitators who will in turn pass along information to this group for discussion.

An invitation will be emailed to all MDO's facilitators to participate.

If you are a facilitator and have not received an email in advance of a meeting to participate, please send an email to [info@mooddisordersottawa.ca](mailto:info@mooddisordersottawa.ca) and you will be added to the distribution list.

Thank you for your support and encouragement.

# MDO's Peer Newsletter

## Call for ideas



We need to know:

- What are your expectations for the Peer Newsletter?
- What information do you think would be the most useful to have in the Peer Newsletter?
- What themes would you like to be recurrent from one issue to the other?
- How frequently would you like the Peer Newsletter to be published?
- Any other thoughts and ideas...

## Call for Volunteers

That is right! We need your support!

Whether is it to share your ideas, suggestions or feedback, we need YOUR support to make the Peer Newsletter a success!

Positions available:

- Writers to share their inspirational recovery journeys;
- Participants in MDO's activities, programs and support groups to share their experiences with MDO;
- Artists to share their art work;
- Poets to share their creations;
- Editors to review the document before its publication;
- Anything else that you can think of... WE need your help!

Please submit your ideas, comments and feedback before **August 30th, 2022** to [info@mooddisordersottawa.ca](mailto:info@mooddisordersottawa.ca)  
All submissions are appreciated.

**Recovery is possible with mutual peer support!**  
From your Peer Newsletter Committee.

# Peers Around Town

**Multiple resources to support you and your loved one:**

## **IMPORTANT**

**If you, or a loved one, are in immediate danger of hurting themselves or others please call 911.**

## **A. GENERAL HEALTH AND RESOURCE INFORMATION HELPLINES**

### **1. Community Information Center of Ottawa (CICO)**

Provides information about a wide range of services in the Ottawa area (e.g. community services, health, social services, government services, employment, and housing).

613-241-4636 x211

1-877-761-9076 (Toll-Free)

TTY: 1-866-540-0565

<http://www.cominfo-ottawa.org/>

### **2. Community Navigation of Eastern Ontario**

"Community Information Bulletin"

Primary source of information to access social and community services in East- ern Ontario.

Call toll-free: 1-877-761-9076

[www.cneo-nceo.ca](http://www.cneo-nceo.ca)

### **3. eMentalHealth**

On-line navigation system, including information and referral services.

Find mental health help in your area.

<https://www.ementalhealth.ca>



#### **4. Telehealth Ontario**

A free, confidential service that provides health advice or information from registered nurses.

Available 24/7

1-866-797-0000

[www.ontario.ca/page/get-medical-advice-telehealth-ontario](http://www.ontario.ca/page/get-medical-advice-telehealth-ontario)

### **B. FAMILY SUPPORT**

#### **1. NAMI Family-to-Family Programs**

Peer support for family members of people living with mental health issues, access to educational and informative resources.

613-737-7791 or email [f2fontario@bell.net](mailto:f2fontario@bell.net)

#### **2. BPD - An information Guide for Families**

<https://www.camh.ca/-/media/files/guides-and-publications/borderline-guide-en.pdf>

#### **3. MORE:** Several educational tutorials about various Mental Health issues can be found in this link:

<https://www.camh.ca/en/health-info/mental-health-101>

### **C. FOOD BANKS**

#### **1. Ottawa Food Banks**

If you or someone you know is hungry and is in need of a little help, please consult the Ottawa Food Bank website, call or email them to find the community food program that's closest to you.

1317 Michael Street | Ottawa, ON | K1B 3M9

Tel: 613-745-7001

Email: [foodbank@ottawafoodbank.ca](mailto:foodbank@ottawafoodbank.ca)

Web: <https://www.ottawafoodbank.ca/get-help/>

#### **2. The list of all the food banks and community food programs in the Ottawa region:**

<https://www.champlainhealthline.ca/listservicesdetailed.aspx?id=10572&region=ottawa>



## D. MENTAL HEALTH SUPPORT

### 1. Distress Centre of Ottawa and Region

Available 24/7

Distress 613-238-3311

Crisis 613-722-6914

Toll-free 1-866-996-0991

Text 343-306-5550 7 days per week, 10 am to 11 pm.

[www.dcottawa.on.ca](http://www.dcottawa.on.ca)

### 2. Drugs and Alcohol Helpline

Provides information about drug and alcohol addiction services in English, French, and over 170 other languages.

Available 24/7

1-800-565-8603

[www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)

### 3. Mental Health Crisis Line Ottawa

MH Health Crisis Line is geared to answer calls from people aged 16 or older.

Available 24/7

*City of Ottawa*

613-722-6914

*Outside of Ottawa*

1-866-996-0991

<https://crisisline.ca>

### 4. Ottawa Rape Crisis Centre

Provides English service to survivors of sexual violence, supporters, and family and friends of survivors. The crisis line volunteer counselors provide crisis intervention on issues such as childhood sexual abuse, recent sexual assault, flashbacks, and suicide intervention.

Available 24/7

(613) 562-2333

[www.orcc.net](http://www.orcc.net)

### 5. The Canada Suicide Prevention Service

Free crisis line services are offered to everyone throughout Canada in English and French.

Available 24/7

1-833-456-4566

Connect via text at 45645, 4 pm - 12 am Eastern Time Zone (Ottawa)

<https://www.crisisservicescanada.ca/en/>

people, for trans people.

1-877-330-6366





## Become a Member or Renew your Membership with MDO

Help support our programs, activities and events by becoming a member or by renewing your yearly membership.

It is a low cost annual membership.

Many of our events and programs are open to non-members, while some are only open to members.

Program/events will indicate "MDO members only" if membership is required.

Please visit [www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca) for more info & to register!

**Movie Night on MDO  
15 Cineplex E-Gift Cards Drawn Monthly,  
Deadline 21st of Each Month  
Members Only.**



MDO holds a monthly draw for **15 Cineplex e-gift cards worth \$15 each.** You can choose to use the card as you wish. Put your feet up and watch a new release from home or enjoy a movie in the theatre! The choice is up to you.

Any member who is interested in WINNING a movie card can register before 8pm on the 21st of each month and afterwards 15 e-gift cards will be randomly chosen and distributed to the name and email address of each winner.

Similar to our past movie card system, if you receive a gift card one month you must skip the next month before being eligible to receive another. This way as many members as possible will have access to the movies!

**That's a Wrap Folks!**