



October Feature: When to Seek Help

Depression, anxiety, addiction and other mental health issues affect millions of Canadians. This month's focus is on when and where to seek help if you or someone you love is suffering from a mental health issue.

Call **inConfidence** any time to speak with a caring professional consultant, or go online to www.myinconfidence.ca to access helpful, informative Life Articles including:

- [Depression](#)
- [When Someone You Love is Depressed](#)
- [Anxiety Disorders](#)
- [Dealing with Persistent Worry](#)
- [Mental Illness in the Family: Recognizing the Warning Signs and Coping with the Effects](#)
- [Recognizing a Substance Abuse Problem and what to do](#)

Or, go online any time to access or order a variety of CDs, assessments and resources designed to help you understand and cope with mental illness. We're featuring our online tool, the [Ceridian Depression Centre](#), an innovative program that provides personalized, interactive tools to help you and/or those close to you understand depression and how to improve related symptoms. Or, listen to our four-part podcast series, [Depression](#), to learn how to identify depression and access the support you need, or take our online self-assessment, [Are you experiencing symptoms of depression?](#)

Health and Wellness Feature

A key element in fighting depression is physical activity. Canada's *Physical Activity Guide to Healthy Active Living* recommends adults should get at least 30 minutes of physical activity every day, and 60 minutes each day for children. October's health and wellness focus on getting active can help!

- Life Articles including: [Setting Fitness Goals](#), [Staying Fit and Healthy as you Get Older](#) and [Walking for Exercise](#)
- CDs including [Get Moving!](#) and [Walking](#)

Call *inConfidence* at x.xxx.xxx.xxxx any time. TTY: x.xxx.xxx.xxxx
You can also visit www.myinconfidence.ca
(user id: -----; password: -----)