



*Office of the Master, Vanier College,  
Counselling and Disability Services  
and Centre for Addiction and Mental Health (CAMH)  
present*

# **Depression: What is it and what can we do about it?**

**Wednesday November 11, 2009, 1:00 pm**

**Room 010 Vanier College**

**Presented by Dr. Heather Fleet**

Moods relate to basic human emotions that allow us to interact and respond to events and individuals in our life. Our moods can fluctuate from feeling joy to feeling sad and blue. In some cases, one's mood can remain low with additional symptoms like low energy, concentration, and a lack of joy for life. When severity of low mood and its consequent symptoms impair an individual's overall function and quality of life, individuals may be suffering from a mood disorder, and more particularly, depression. The impact of depression on individuals can result in decreased functioning, decreased quality of life, and increased distress and suffering. This talk will briefly review depression as a mood disorder, and discuss depression in terms of presentation, recognition, consequences, and effective treatment.



Heather L. Flett, M.D. FRCPC, is a staff psychiatrist in the Mood and Anxiety program at the Centre for Addiction and Mental Health. She completed her psychiatry specialty training at the University of Toronto and during her residency trained in the areas of Cognitive Behavioural Therapy, Interpersonal Psychotherapy and Motivational Interviewing. Currently she is active teaching medical students and residents at the University of Toronto. She also provides continuing medical education in the community to training psychotherapists, family physicians and allied health workers. She has also presented and taught workshops at international psychiatric meetings including the American Psychiatric Association and Canadian Psychiatric Association meetings. Her interests include mood and anxiety and substance use disorders and their biologic and psychotherapeutic treatment.

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**Everyone  
is welcome to attend!**

