

## Regulations on the Use of Douglas Blogs

### Overview

Douglas Blogs ([www.blog.douglas.qc.ca](http://www.blog.douglas.qc.ca)) are published by experts in the field of mental health and intended for either the members of the general public or, more specifically, workers and scientists in the field of mental health. The main objectives of Douglas blogs are to:

- Educate the public about mental health issues in order to demystify mental illness.

AND/OR

- Share knowledge about mental health (in patient care, research, or teaching) with workers and scientists in the health field.

The content of the blogs is strictly informative in nature and **in no way replaces diagnosis, assessment, consultation, treatment, or follow-up that can only be provided by a health professional**. For help or information regarding personal mental health problems, we invite you to consult your doctor, or go to the “accueil psychosocial” (entry point) at your [CLSC](#). In the case of a crisis or emergency, you may go to the [emergency](#) or a [community crisis centre](#).

### Rules of Conduct: Users

Blogs are part of the public domain. All Web users can read blog posts and comment on them if they wish. A comment will be published only upon approval by the blogger. The blogger will receive notification that a comment has been made and will moderate the site accordingly in due time. Comments must be free of:

- Political, religious, or professional propaganda
- Language that is violent, slanderous, or discriminatory
- Spam messages

Comments made to blog posts are not necessarily considered “expert advice” as not all individuals commenting on blogs are experts in the field of mental health.

A user can choose to make their support of a particular post public by clicking the “like” icon (« ♥ ») beside the post. Once they have done this, however, there is no way to remove their support from the post.

### Rules of Conduct: Bloggers

Bloggers are free to write in the language of their choice (French or English).

Although Douglas blogs ([www.blog.douglas.qc.ca](http://www.blog.douglas.qc.ca)) remain the property of the Douglas Institute, and are managed by the Communications and Public Affairs Department, a blog’s content is under the sole responsibility of the blogger and must not:

- contain illegal activity, including: the unauthorized copying or distribution of software and files; harassment and slandering; fraud; or illegal trade
- publish content that infringes on the rights of others or that is violent, political, or discriminatory
- contain professional, religious, political, or religious propaganda
- disclose the identity of individuals who have wished not to have their identity disclosed

All content that is not personal experience (i.e., any symptom, test, treatment, etc. that the blogger or someone close to them had undergone) must be referenced with links to the source.

Bloggers shall commit to publishing information that is clear and accurate, and that respects the vision of the Douglas Institute. They will update their blogs once a month, check the grammatical quality of their work, and be transparent in their actions.

Bloggers are required to publish all comments unless these comments do not meet the criteria in the user rules..

## Responsibility and Authority

The opinions expressed in the Douglas blogs ([www.blog.douglas.qc.ca](http://www.blog.douglas.qc.ca)) reflect those of authors only and not those of the Douglas Institute.

The Douglas Institute reserves to right to remove all or part of a blog if it does not adhere to the above regulations.

## Copyright

Bloggers are responsible for the content of their blogs no matter what the format (i.e., text, images, sound, video, etc.). Bloggers are the owners of the text they write and publish. Should any of this content not be their own, they are required to provide the source information. All content is protected by Canadian and foreign laws, notably those respecting copyright, and is the property of the blogger.

## Privacy

Specifically, the Douglas blogs ([www.blog.douglas.qc.ca](http://www.blog.douglas.qc.ca)) collect personal information (name and e-mail address) in the following circumstances:

- when someone comments on a post
- when someone subscribes to e-mail updates

The blogger shall under no circumstances use or disclose the personal information for any purpose other than that for which it was collected and shall protect your information using safeguard measures.

## Cookies

A cookie is a small hidden text file that is saved on the Internet user's hard disk when he/she accesses a page of a site. On the Douglas blogs, cookies are used to remember a user's display preferences and language choice the next time they visit the site. Cookies are harmless since they cannot extract any information from the user's hard disk, and they can be deactivated at any time via the configuration on a user's computer.

## Funding & Advertising

The Douglas blogs are funded by the Douglas Mental Health University Institute. It does not accept or display any advertising.

## Contact

Any violation to any of the above rules, or other concerns or complaints about the content of a blog, should be communicated by e-mail to [info@douglas.qc.ca](mailto:info@douglas.qc.ca)