

Depression Resources



INTERNET WEBSITES

www.dbsalliance.org – This is the national website for the Depression and Bipolar Support Alliance (DBSA). This is a very comprehensive website and maintains discussion forums as well as links and information on a lot of other resources. This website is highly recommended as a starting point on the Internet searching for information about the illness.

www.mentalhealthamerica.net – This is the national website for Mental Health America. It provides very useful information on mental illnesses, advocacy, latest research on depression and a lot more.

www.mhafc.org – This is the website of Mental Health America of Franklin County. It provides information on mental health and resources for Franklin County. It also provides advocacy information on issues affecting Ohio. It has a comprehensive list of fact sheets available on all diagnoses.

www.nami.org – This is the national website of NAMI, with general information on mental illness, advocacy and research.

www.namifc.org – This is the website of NAMI Franklin County. It provides information on mental illnesses, FREE education classes and support for family members and FREE monthly meetings, plus a whole lot more.

www.ohiopsych.org – This is the website for the Ohio Psychiatric Physicians Association. It provides information for Ohio's psychiatric physicians and their patients on issues related to mental illness.

www.healthyminds.org - This is the American Psychiatric Association's consumer-oriented website that seeks to inform and educate the public about mental health treatment and resources.

www.familyaware.org - This is a website to help families recognize and cope with depressive disorders.

MAGAZINES

ANCHOR

This is an excellent magazine for people who have depression and their family members. Published four times a year, it covers topics ranging from new research on the illness to personal accounts of living with depression. For more information, visit their website at www.anchormag.com or subscribe by phone by calling 1-866-672-3038.

ESPERANZA

This is an excellent magazine for people who have depression and their family members. Published four times a year, it covers topics ranging from new research on the illness to personal accounts of living with depression. For more information, visit their website at www.hopetocope.com or subscribe by phone by calling 1-877-575-4673.

BOOKS

Overcoming Depression 3rd Edition

Written by Demetri Papalos, M.D. and Janet Papalos

More than 20 million Americans will suffer an episode of depression or mania during their lifetimes, and one in five American families will feel its impact directly. For these families, *Overcoming Depression* is the essential resource. Since its first publication in 1987, it has become the book most often recommended by doctors to their depressed patients because it clearly and sympathetically presents state-of-the-art medical information and the solid, practical advice that patients and their families need to participate actively in diagnosis and treatment. It features all-new data on the latest drugs, research, treatment, and medical insurance. It also includes a frank discussion of psychiatric therapy in the era of managed care.

Depression, The Mood Disease

Written by Francis Mark Mondimore, M.D.

Concise, informative, and accessible, this widely acclaimed consumer's guide has been thoroughly updated to reflect state-of-the-art treatment. It tells readers exactly what they need to know about antidepressant drugs and electro-convulsive therapy, about Seasonal Affective Disorder and panic attacks, about the special problems of depression in children and older persons, and how to deal with a depressed friend or family member. Dr. Mondimore explains how disorders like hormonal imbalance can mimic the symptoms of depression, and why depression is sometimes misdiagnosed as PMS, drug abuse, or Alzheimer's disease.

The Depression Workbook and Living with Depression and Manic Depression

Written by Mary Ellen Copeland

These are a must-read for all people living with depression. They focus on how you can help yourself feel better. You can learn and practice the latest research-based self-help strategies to relieve depression and address other mental health issues.

The American Medical Association Essential Guide To Depression

In clear, nontechnical language, the American Medical Association explains the latest findings on depression, the complex mood disorder that affects nearly 17 million Americans each year. Distinguishing depression from the everyday "blues," this comprehensive guide provides solid, detailed answers to such questions as: What is depression? Who is at-risk for depression? What are the latest treatment options? Who can treat depressive illness? How can I help a loved one?

With a listing of mental health organizations and resources and a glossary of medical terms, the American Medical Association Essential Guide to Depression presents all the information you need to help yourself or others manage this serious but highly treatable illness.

11/2008

This resource sheet was developed for educational purposes and is not meant to serve as an endorsement. Information may be subject to change.

Educating Patients on Mental Illnesses and Community Services

A Joint Educational Collaboration Between



www.ohiopsych.org



www.mhafc.org



www.namifc.org