

Resources for Depression and Mood Disorders

Developed by Centers for Family Change

www.centersforfamilychange.com

The following websites have been reviewed by our staff and have been found to offer sound information on depression and mood disorders and their treatment.

www.nimh.nih.gov/health/topics/depression

Website for the National Institute of Mental Health

This site offers general information, fact sheets and booklets, and updates about the latest research on depression and mood disorders.

www.psychologyinfo.com

A website developed by New Jersey psychologist

This site offers extensive information about cognitive therapy as well as much information about the treatment of depression. It offers a psychological rather than a medical view of depression, emphasizing a cognitive model for understanding and treating depression.

www.dbsalliance.org

The website of the national support and advocacy group, Depression/ Bipolar Support Alliance

This site offers much information on depression and bipolar disorder as well as links to support groups and other resources. This site takes a disease focused view of depression, asserting that it is a “medical illness” like any other medical illness.

www.mentalhealth.about.com

The mental health section of www.about.com

This site offers a wealth of information about depression and other mental health issues. What is most impressive is the scientific focus of the site, drawing on and citing research studies to support assertions. The only drawback is there is so much information it can be overwhelming. We recommend searching for “[Medication or Psychotherapy for Depression](#)”, which offers a very interesting discussion of the treatment of depression.

www.psychcentral.com

A clearing house of Mental Health Resource

This site offers information on almost any aspect of depression and mood disorders one could think of. It includes concise summaries on a variety of topics ranging from types of depression, depression in different age groups, and various treatments of depression. It also includes reviews of books and resources on depression and mood disorders. This site is run by a psychologist and tends to take a less “medical view” of depression. The main drawback of this site is the frequent annoying pop up ads.

Books on Depression and Mood Disorders

The Feeling Good Handbook, by David Burns, M.D.

A classic and extremely well regarded self-help book.

You can buy used ones for next to nothing on Amazon.

Active Treatment of Depression, by Richard O'Conner.

A thorough discussion of depression that is appropriate for professionals and non-professionals.

Breaking the Patterns of Depression by Michael Yapko, PhD.

A solid self-help book that emphasizes steps you can take to overcome depression.

The Mindful way through depression: freeing yourself from chronic unhappiness by Mark Williams, John Teasdale, Zindel Segal, & Jon Kabat-Zinn (Guilford Press, 2007).

A very helpful book on ways one can overcome depression.