



## More information on Depression

### Online Resources

Bounce back program

[www.cmha.bc.ca/how-we-can-help/adults/bounceback](http://www.cmha.bc.ca/how-we-can-help/adults/bounceback)

Positive coping with health conditions a self care workbook

[www.comh.ca/publications/resources/pub\\_pchc/PCHC%20Workbook.pdf](http://www.comh.ca/publications/resources/pub_pchc/PCHC%20Workbook.pdf)

Antidepressant Skills Workbook

[www.carhma.ca](http://www.carhma.ca)

HealthLink BC

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Depression Hurts

[www.DepressionHurts.ca](http://www.DepressionHurts.ca)

### Books

'Mind Over Mood: Changing how you feel by changing the way you think.'

By Greenberger & Padesky (1995) - At your local bookstore (about \$25). An excellent self-help book for depression and anxiety.

### Finding a Therapist

You can arrange to see a Registered Psychologist without needing a referral from your doctor. Call the BC Psychological Association for a psychologist in your area. 1-800-730-0522

### Mental Health Centres

Talk to your family doctor to find out what services are available in your area. You can also call your local health authority (listed in the blue pages of your phone book) for mental health services.