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Winter Blues by Norman E. Rosenthal. New York: Guilford Press, 2006

This is a practical survival kit for coping with Seasonal Affective Disorder, a type of depression which affects many people during the winter months. Topics covered include light therapy, medications, and self-help strategies.

Availability for loan:

CD 310 R68 2006 Health Information and Wellness Centre, both locations
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COMMUNITY RESOURCES

Mood Disorders Association of Ontario

36 Eglinton Avenue West Ste. 602
Toronto ON M4R 1A1
416-486-8046 or 1-888-486-8236
Email: info@mooddisorders.on.ca
<http://www.mooddisorders.on.ca>

R. Samuel McLaughlin Addiction & Mental Health Information Centre

219 Dufferin Street, Ste 3B
Toronto, ON M6K 3J1
Tel: 416 595-6111 or 1-800-463-6273
Email: mclaughlininformation@camh.net

Mental Health Service Information Ontario

Provides information about mental health services and supports in Ontario
Tel: 1-866-531-2600

Trillium Health Centre Central Intake Mental Health Services

Tel: 416-521-4006
Child & Adolescent Mental Health
Tel: 905-451-4655

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
(905) 848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
(416) 521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

(905) 615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

(416) 393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Depression



INTERNET SITES

The Mood Disorders Association of Ontario

<http://www.mooddisorders.on.ca>

This is a not-for-profit, self-help organization which provides education and information for people with depression and other forms of mood disorders and their families. Sources of practical help are provided, such as information about finding a doctor, a clinic, self-help resources, or a support group.

Centre for Addiction and Mental Health

<http://www.camh.net>

This Canadian site deals with all aspects of mental health and addiction and is a good starting place for research. CAMH provides direct care to those with mental illness and addiction problems, in addition to being a research and training facility. Click on the link About Mental Health & Addictions in the left-hand column and you will find information on treatment and supportive programs.

CANMAT – Canadian Network for Mood and Anxiety Treatments

<http://www.canmat.org>

This website is aimed primarily at health care professionals but may also answer many questions you have about depression. Click on 'Help & Resources' on the top toolbar to access this information.

Canadian Mental Health Association, Ontario Branch

<http://www.ontario.cmha.ca>

This is the Ontario site of the umbrella organization for mental health issues in Canada. Details can be found about the 33 branches throughout Ontario, which provide a variety of services to meet local needs. The site provides comprehensive information about mental

illnesses including depression, plus references to local services and supports.

Blue Pages on Depression

<http://bluepages.anu.edu.au>

This is an excellent site from the Centre for Mental Health Research in Australia. As well as general information about the condition, it features a rating system for various treatment methods, based on scientific evidence. There is also an extensive array of online support groups.

BOOKS

Understanding Depression by Donald F. Klein and Paul H. Wender. New York: Oxford University Press, 2005.

This is a revised and expanded edition of a trusted guide. It explores the causes of depression, evaluates the latest drug and therapy treatments, and includes excerpts from real patient histories.

Availability for loan:

CD 302 K53 2005 Health Information and Wellness Centre, both locations
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Depression and Bipolar Disorders by Virginia Edwards. Toronto: Key Porter, 2002

In this useful volume, Dr. Edwards describes the difference between everyday "low moods" and depressive disorders. She explains how depression affects the brain, as well as offering practical self-help suggestions and detailed case histories.

Availability for loan:

CD300 E39 2002 Health Information and Wellness Centre, both locations
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The Depression Sourcebook, 2nd ed. Brian P. Quinn. Los Angeles: Lowell House, 2000

The author examines the various types of clinical depression and the effects the condition can have on all aspects of people's lives. He describes available treatment options, and offers advice to family members on how to handle a loved one's depression.

Availability for loan:

CD 302 Q84 2000 Health Information & Wellness Centre, both locations
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Understanding Depression: a Special Health Report from Harvard Medical School Boston, MA: Harvard Medical School, 2001

This report delivers practical advice and current research findings in clear, easy-to-understand language. Topics covered include causes, diagnosis, treatment, medications, new research, and depression amongst particular groups.

Availability for loan:

CD302 H27 2001 Health Information & Wellness Centre, both locations.

Beating the Blues by Michael E. Thase and Susan S. Lang. New York: OUP, 2004

The authors show how chronic mild depression can be relieved by a combination of strategies, therapy, and medication. A well-written and informative guide for those wishing to find more joy in life.

Availability for loan:

CD302 T42 2004 Health Information & Wellness Centre, both locations