

*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  
616.8527 ROS Mississauga Library System

## 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](mailto: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](mailto: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](mailto: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>

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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  
616.8527 KLE Mississauga Library System  
616.8527 KLE Toronto Public Library System

*Depression: the Facts* by Danuta Wasserman. Oxford, UK: Oxford University Press, 2006.

The Facts is a series which offers practical advice on different health issues, written by leading authorities in the field. This title on depression includes information on causes, symptoms, diagnosis, different subtypes, and a full range of treatment options available.

#### **Availability for loan:**

CD 302 W28 2006 Health Information & Wellness Centre, both locations  
616.8527 WAS Mississauga Library System

616.8527 WAS Toronto Library System

*Understanding Depression: a Special Health Report from Harvard Medical School* Boston, MA: Harvard Medical School, 2008

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:**

CD 302 H27 2008 Health Information & Wellness Centre, both locations.

*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:**

CD 300 E39 2002 Health Information and Wellness Centre, both locations  
616.8527 EDW Toronto Library System

*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:**

CD 302 T42 2004 Health Information & Wellness Centre, both locations  
616.8527 THA Mississauga Library System  
616.8527 THA Toronto Library System