

**Table 4.1** Self-help resources for patients

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*Websites that provide reliable information on depression:*

**BluePages** – psychoeducational information about depression

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

**The MacArthur Initiative on Depression** – patient education on depression

[http://www.depression-primarycare.org/clinicians/toolkits/materials/patient\\_edu/](http://www.depression-primarycare.org/clinicians/toolkits/materials/patient_edu/)

**Here to Help** – Toolkit for managing depression, with an interactive version

<http://www.heretohelp.bc.ca/skills/managing-depression>

**National Institute of Mental Health** – Resources in English and Spanish

<http://www.nimh.nih.gov/health/topics/depression/index.shtml>

**Medline Plus** – Additional resources in English and Spanish

<http://www.nlm.nih.gov/medlineplus/depression.html>

**Depression and Bipolar Support Alliance (DBSA)**

[http://www.dbsalliance.org/site/PageServer?pagename=about\\_depression\\_overview](http://www.dbsalliance.org/site/PageServer?pagename=about_depression_overview)

*Websites that provide self-screening for depression:*

**The Center for Epidemiological Studies Depression Scale (CES-D)**

<http://med.stanford.edu/patienteducation/research/cesd.pdf>

<http://www.intelihealth.com/IH/ih/IH/WSIHW000/23722/9025.html>

**Patient Health Questionnaire**

<http://www.depression-primarycare.org/clinicians/toolkits/materials/forms/phq9/>

**Quick Inventory of Depressive Symptomatology Self-Report (QIDS-SR)**

[http://www.dbsalliance.org/site/PageServer?pagename=about\\_depressionscreener](http://www.dbsalliance.org/site/PageServer?pagename=about_depressionscreener)

*Self-help books:*

**Control Your Depression** by Peter Lewinsohn, Ph.D., Ricardo Muñoz, Ph.D., Mary Ann Youngren, Ph.D., and Antonette Zeiss, Ph.D. (1978).

**Feeling Good** by David Burns, M.D. (1999a).

**Mind Over Mood** by Dennis Greenberger, Ph.D. and Christine Padesky (1995).

*Computerized cognitive-behavioral psychotherapy programs:*

**Overcoming Depression on the Internet (ODIN)**

<http://www.kpchr.org/feelbetter/>

**MoodGYM**

<http://www.moodgym.anu.edu.au/welcome>

**MySelfHelp.com**

<http://www.myselfhelp.com/Programs/DD.html>

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