

NEEDHAM YOUTH SERVICES

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Depression Resources

Families for Depression Awareness

<http://www.familyaware.org/>

Families for Depression Awareness is a national non-profit organization helping families recognize and cope with depressive disorders. They offer publications such as Depression Wellness Guides, outreach, information, and free online depression and bipolar tests (<https://www.familyaware.us/moodtest/>).

National Institute of Mental Health:

<http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml>

Depression publications from the National Institute of Mental Health.

WebMD:

http://www.webmd.com/depression/guide/depression_support_resources

Support and resources regarding depression.

Ideas for Feeling Better:

http://helpguide.org/mental/depression_tips.htm#

Self-help and coping strategies for depression.

Depression.com

<http://www.depression.com/>

Understanding, treating, and living with depression