Depression and Bipolar Disorder Resources and Supports

DID YOU KNOW?

- During their lifetime, about 5 to 12% of men and 10 to 25% of women will have at least one episode of major depressive disorder (depression)
- Bipolar Disorder, which involves periods of both depression and extreme elation or irritability, affects about 1.2% of adults
- Research suggests that a combination of therapies, including medications and certain types of psychotherapy, may give the best treatment outcome

Websites & Online Resources

Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia

ConnexOntario
www.connexontario.ca
*For resources/programs in Ontario

Depression and Bipolar Support Alliance
www.dbsalliance.org

MindBeacon (free online CBT)
www.info.mindbeacon.com/btn542

Mood Disorders Association of Ontario
www.mooddisorders.ca

Web/Phone Apps

MoodTools Depression Aid
www.moodtools.org

MindShift (iOS, Android)
www.anxietybc.com/resources/mindshift-app

Calm (iOS, Android; in-app purchases)
www.calm.com

CBT-I Coach for Insomnia (iOS, Android)
www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp#

Headspace (iOS, Android; in-app purchases)
www.headspace.com

Mood Disorders Society of Canada
www.mdsc.ca

Baby Blues and Beyond: What Every Women Needs to Know About Perinatal Mental Health Issues

Video/Audio Clips

I Had a Black Dog, His Name Was Depression
World Health Organization (2012)
www.youtube.com/watch?v=XiCrniLQGYc

Self-Help Strategies for Anxiety & Depression:
www.adaa.org/webinar/consumer/mind-over-mood

The Mindful Way Workbook (registration needed)
www.guilford.com/MBCT_audio

The Mindfulness Solution
www.mindfulness-solution.com/DownloadMeditations.html
Books (Self-Help/Workbooks) for Depression

**Assert Yourself: Improve Your Assertiveness**

**Antidepressant Skills Workbook**
www.psychhealthandsafety.org/asw

**Back from the Bluez: Coping with Depression**


**Facing Your Feelings: Overcoming Distress Intolerance**

**Improving Your Self-Esteem: Overcoming Low Self-Esteem**

**Managing Depression: A Self-Help Skills Resource for Women Living with Depression during Pregnancy, After Delivery and Beyond**
www.sfu.ca/carmha/publications/managing-depression-pregnancy-childbirth.html


**Perfectionism in Perspective: Overcoming Perfectionism**


**What? Me Worry? Mastering Your Worries**

**Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those With Depression, Anxiety, or Chronic Pain** / Carney, C., Manber, R. (2009)

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Books (Self-Help/Workbooks) for Bipolar Disorder

**Keeping Your Balance: Coping with Bipolar Disorder**

**The Bipolar Disorder Survival Guide: What Your and Your Family Need to Know** / Miklowitz, D.J. (2011)


**The Dialectical Behaviour Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life** / Van Dijk, S. (2009)
Want to Participate in a Treatment Study?

Free Cognitive Behaviour Therapy for Insomnia (Insomnia Treatment Study)
Sleep and Depression (SAD) Laboratory (18+)
Ryerson University
416-979-5000 ext. 552185
www.psychlabs.ryerson.ca/carney/be-a-participant

Mindfulness-Based Group Programs

Humber River Hospital
416-242-1000 ext. 43000
*doctor’s referral required

North York General Hospital
416-483-3778

The Centre for Mindfulness Studies ($)
www.themindfulnessstudies.com
647-524-6216

The Mindful Mood Centre
www.mindfulmood.com
416-686-2138

University Health Network
Toronto Western: 416-603-5738
UHN: 416-340-4452

Crisis Lines

Distress Centre
416-408-4357
Text: 45645

Gerstein Crisis Centre
416-929-5200

Mental Health Helpline
1-866-531-2600

Ontario Drug & Alcohol Helpline
1-800-565-8603

Rape Crisis Centre
416-597-8808

Seniors Helpline
416-217-2077

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.