

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

www.mountsinai.on.ca/care/psych/patient-programs/meternal-infant-perinatal-psychiatry/quick-links/baby-blues-pamphlet/index.html



Video/Audio Clips

I Had a Black Dog, His Name Was Depression

World Health Organization (2012)

www.youtube.com/watch?v=XiCmnlQGYc

Mind Over Mood / Greenberger, D. (2016)

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

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness

Antidepressant Skills Workbook

www.psychhealthandsafety.org/asw

Back from the Bluez: Coping with Depression

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression

Choosing to Live: How to Defeat Suicide

Through Cognitive Therapy / Ellis, T.E., Newman, C.F. (1996)

Ending the Depression Cycle: A Step-by-Step

Guide for Preventing Relapse / Bieling, P.J., Antony, M. (2003)

Facing Your Feelings: Overcoming Distress Intolerance

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Tolerating-Distress

Improving Your Self-Esteem: Overcoming Low Self-Esteem

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/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

Mind Over Mood: Change How you Feel by Changing The Way You Think / Greenberger, D., Padesky, C. (2016)

Perfectionism in Perspective: Overcoming Perfectionism

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Perfectionism

The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress / Teasdale, J.D., J.M.G., Segal, Z. (2014)

What? Me Worry? Mastering Your Worries

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Generalised-Anxiety-and-Worry

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



Books (Self-Help/Workbooks) for Bipolar Disorder

Keeping Your Balance: Coping with Bipolar Disorder

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Bipolar

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

The Bipolar Workbook: Tools for Controlling Your Mood Swings / Basco, M.R. (2015)

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.