

# Depression Resources

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## COMMUNITY RESOURCES and SUPPORT GROUPS

### Depression Support Group

This is an ongoing support group sponsored by Mental Health America of Franklin County. It is specific to depression. For meeting times and locations call Mental Health America of Franklin County at (614) 221-1441 or visit their website at [www.mhafc.org](http://www.mhafc.org).

### Depression and Bipolar Support Alliance

This is a national support group, which currently has chapters in Columbus. For the latest information on meeting times and locations, call 1-800-826-3632, or visit their website at [www.dbsalliance.org](http://www.dbsalliance.org) and check for listings of support groups in Columbus.

### Families In Touch

This is an ongoing support group for family members and friends of adults with a mental illness. It is sponsored by Mental Health America of Franklin County. It is not specific to depression but covers all diagnoses. For information and meeting times and locations, call Mental Health America of Franklin County at (614) 221-1441 or visit their website at [www.mhafc.org](http://www.mhafc.org).

### Mental Health America of Franklin County

MHAFC provides information and referral to community mental health services. They are one of 340 local affiliates of Mental Health America. They provide advocacy and education about mental health and mental illness. The Ombudsman for the Franklin County system works for MHAFC. His job is to help consumers and family members who are having problems. He can be reached at (614) 242-4357. MHAFC also provides support groups for families and people with mental illness, media outreach, and parenting newsletters. For more information, see their website at [www.mhafc.org](http://www.mhafc.org), or call them at (614) 221-1441.

### NAMI Franklin County (National Alliance on Mental Illness)

This is the local affiliate of NAMI. It is active in education, support and advocacy for persons with severe mental illness and their families. In addition to FREE monthly education meetings, it offers a FREE 12-week class "Family-to-Family" for family members who have a loved one with a mental illness, and also "Hand-to-Hand," an 8-week class for families who have children with

a mental illness. These classes cover mental illnesses in detail explaining symptoms, causes, treatment as well as self-help and are designed for caregivers of someone who has a mental illness. For more information, see their website at [www.namifc.org](http://www.namifc.org) or call them at (614) 501-NAMI (501-6264).

**Suicide Prevention Hotline** (phones answered 24-hours a day): **(614) 221-5445**

## INTERNET WEBSITES

[www.dbsalliance.org](http://www.dbsalliance.org) – This is the national website for the Depression and Bipolar Support Alliance (DBSA). This is a very comprehensive website and maintains discussion forums as well as links and information on a lot of other resources. This website is highly recommended as a starting point on the Internet searching for information about the illness.

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) – This is the national website for Mental Health America. It provides very useful information on mental illnesses, advocacy, latest research on depression and a lot more.

[www.mhafc.org](http://www.mhafc.org) – This is the website of Mental Health America of Franklin County. It provides information on mental health and resources for Franklin County. It also provides advocacy information on issues affecting Ohio. It has a comprehensive list of fact sheets available on all diagnoses.

[www.nami.org](http://www.nami.org) – This is the national website of NAMI, with general information on mental illness, advocacy and research.

[www.namifc.org](http://www.namifc.org) – This is the website of NAMI Franklin County. It provides information on mental illnesses, FREE education classes and support for family members and FREE monthly meetings, plus a whole lot more.

[www.ohiopsych.org](http://www.ohiopsych.org) – This is the website for the Ohio Psychiatric Physicians Association. It provides information for Ohio's psychiatric physicians and their patients on issues related to mental illness.

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[www.healthyminds.org](http://www.healthyminds.org) - This is the American Psychiatric Association's consumer-oriented website that seeks to inform and educate the public about mental health treatment and resources.

[www.familyaware.org](http://www.familyaware.org) - This is a website to help families recognize and cope with depressive disorders.

## BOOKS

### ***Overcoming Depression 3<sup>rd</sup> Edition***

Written by Demetri Papalos, M.D. and Janet Papalos

More than 20 million Americans will suffer an episode of depression or mania during their lifetimes, and one in five American families will feel its impact directly. For these families, *Overcoming Depression* is the essential resource. Since its first publication in 1987, it has become the book most often recommended by doctors to their depressed patients because it clearly and sympathetically presents state-of-the-art medical information and the solid, practical advice that patients and their families need to participate actively in diagnosis and treatment. It features all-new data on the latest drugs, research, treatment, and medical insurance. It also includes a frank discussion of psychiatric therapy in the era of managed care.

### ***Depression, The Mood Disease***

Written by Francis Mark Mondimore, M.D. Concise, informative, and accessible, this widely acclaimed consumer's guide has been thoroughly updated to reflect state-of-the-art treatment. It tells readers exactly what they need to know about antidepressant drugs and

electro-convulsive therapy, about Seasonal Affective Disorder and panic attacks, about the special problems of depression in children and older persons, and how to deal with a depressed friend or family member. Dr. Mondimore explains how disorders like hormonal imbalance can mimic the symptoms of depression, and why depression is sometimes misdiagnosed as PMS, drug abuse, or Alzheimer's disease.

### ***The Depression Workbook and Living with Depression and Manic Depression***

Written by Mary Ellen Copeland

These are a must-read for all people living with depression. They focus on how you can help yourself feel better. You can learn and practice the latest research-based self-help strategies to relieve depression and address other mental health issues.

### ***The American Medical Association Essential Guide To Depression***

In clear, nontechnical language, the American Medical Association explains the latest findings on depression, the complex mood disorder that affects nearly 17 million Americans each year. Distinguishing depression from the everyday "blues," this comprehensive guide provides solid, detailed answers to such questions as: What is depression? Who is at-risk for depression? What are the latest treatment options? Who can treat depressive illness? How can I help a loved one?

With a listing of mental health organizations and resources and a glossary of medical terms, the American Medical Association Essential Guide to Depression presents all the information you need to help yourself or others manage this serious but highly treatable illness.

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This resource sheet was developed for educational purposes and is not meant to serve as an endorsement. Information may be subject to change.

*Educating Patients on Mental Illnesses and Community Services*  
*A Joint Educational Collaboration Between*



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