

RESOURCES FOR MANAGING DEPRESSION

There are many good resources for helping to manage and deal with the practical challenges of depression. The following represents only a small sample of what is available on this topic.

For more information visit kp.org:

Kaiser Permanente's website provides a wealth of information and services, including class listings, featured health topics, and health and drug encyclopedias.

- **kp.org/listen:** Download audio programs.
- **kp.org/mindbody:** Find ways to improve your mood and health.
- **kp.org/depression:** Learn about depression.
- **kp.org:** Members can make appointments, refill prescriptions, and e-mail their doctor, an advice nurse, social worker, or pharmacist.
- **kp.org/healthylifestyles:** Members can use the free online Health Media programs for a health assessment and personalized action plans for managing depression, insomnia, stress, chronic health conditions, weight, tobacco cessation, chronic pain, nutrition, diabetes, and back pain.

Other Resources:

Kaiser Permanente Healthwise® Handbook: This self-care guide has information about more than 180 health care topics—including depression and other health issues. Members can receive a free copy from Membership Services.

Books

- *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness.* Mark Williams, PhD, John Teasdale, PhD, Zindel Segal, PhD, and Jon Kabat-Zinn, PhD, 2007.
- *The Cognitive Behavioral Workbook for Depression.* William Knaus, EdD, New Harbinger Publications, 2006.
- *Depressed & Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety.* Thomas Marra, PhD, New Harbinger Publications, Inc., 2004.
- *The Depression Solutions Workbook: A Strengths and Skills-Based Approach.* Jacqueline Corcoran, PhD, New Harbinger Publications, 2009.
- *Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance.* Matthew McKay, PhD, Jeffrey Wood, PsyD, and Jeffrey Brantley, MD, New Harbinger Publications, 2007.
- *Lifting Depression: A Neuroscientist's Hands-On Approach to Activating Your Brain's Healing Power.* Kelly Lambert, PhD, Basic Books, 2008.
- *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions.* Christopher Germer, PhD, Guilford Press, 2009.
- *The Mindfulness & Acceptance Workbook for Depression: Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living.* Kirk Strosahl, PhD, and Patricia Robinson, PhD, New Harbinger Publications, 2008.
- *Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back.* Michael Addis, PhD, and Christopher Martell, PhD, New Harbinger Publications, 2004.



Other Resources, cont'd:

Audiotapes and CDs

- For People With Depression. Belleruth Naparstek, LISW, Health Journeys, 2000.
- Humor and Healing. Bernie Segal, MD, Sounds True, 2005.
- Meditation for Optimum Health: How to Use Mindfulness and Breathing to Heal Your Body and Refresh Your Mind. Andrew Weil, MD, and Jon Kabat-Zinn, PhD, Sounds True, 2001.
- Mindful Solutions for Stress, Anxiety, and Depression. Elisha Goldsten, PhD, Mindful Solution Series, 2007.
- The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness. Mark Williams, PhD, John Teasdale, PhD, Zindel Segal, PhD, and Jon Kabat-Zinn, PhD, Wildmind Meditation Supplies, 2008.
- Relaxation for Living and Sleeping Well. Kaiser Permanente, 2008.

Videos and DVDs

- Depression: Out of the Shadows. PBS Paramount, 2008.
- Depression: What You Must Know. Michael Kuna, MD, and Julie Nelson-Kuna, PhD, CustomFlix, 2006.
- Good Days Ahead: The Interactive Program for Depression and Anxiety. Jesse Wright, MD, PhD, Andrew Wright, PhD, and Aaron Beck, MD, Interactive Media Lab, 2003.
- Men Get Depression. PBS, 2008.
- The Optimal Health Series Healing Exercises for Body, Mind and Spirit. Benny Price Media, 2005.

Organizations

- American Psychological Association: apa.org; 1-800-374-2721
- Depression and Bipolar Support Alliance: bbsalliance.org; 1-800-826-3632
- National Alliance for the Mentally Ill: nami.org; 1-800-950-NAMI (6264)
- National Institute of Mental Health: nimh.nih.gov; 1-866-615-6464 (toll free)

