



Depression: Resource Guide for Patients

► Your primary care provider thinks you may have depression. Here are the 10 things you need to know about depression:

1. You are not alone. Four percent of Canadians will have depression in any given year.
2. Anyone can have depression. Depression affects people of all ages and from all walks of life.
3. Depression is NOT caused by being weak or having a 'bad attitude'.
4. The cause of depression is not fully known but it can be treated.
5. You should follow the treatment given. Common treatments include antidepressant medications, psychotherapy and self-care.
6. Antidepressants work well with little side-effects for many people when taken properly.
7. Antidepressants are not addictive and you should not stop taking them without medical advice.
8. Psychotherapy can be as helpful as antidepressants.
9. There are other tools to help you take care of yourself (self-care), see resources below.
10. If at any point you feel like ending your own life, seek medical help immediately. You are not alone.

► General Information and Support about Depression

- **Mental Health Information Line** - provides taped information on provincial mental health programs as well as symptoms, causes, treatment, support groups and publications relating to a number of mental illnesses. This is a 24 hour line. Toll free: **1-800-661-2121**, Vancouver: **604- 669-7600**
- **HealthLink BC** - provides free-of-charge medically approved information on depression and resources available to BC residents. Access registered nurses 24/7 and pharmacists seven days a week from 5pm to 9am. Toll free: **8-1-1**, Deaf and hearing impaired: **7-1-1**; Internet calling service providers: **604-215-8110**. Website: www.healthlinkbc.ca
- **Mood Disorders Association of BC** – provides support and education to patients and families on mood disorders and other mental illnesses. Toll-free: **1-855-282-7979**, Phone: **1-604-873-0103**. Website: www.mdabc.net
- **Canadian Mental Health Association, BC Division** – provides resources and support on various mental illnesses and local BC branch information. Toll-free (BC only): **1-800-555-8222**, Phone: **1-604-688-3234** Website: www.cmha.bc.ca

► Depression Self-Care

- **Antidepressant Skills Workbook** – a self-help workbook developed at the Centre for Applied Research in Mental Health & Addiction at Simon Fraser University. Also available in Chinese and Punjabi. Free download available from: www.carmha.ca/selfcare/
- **The Feeling Good Handbook** by David D. Burns, Plume Books, 1999.
- **Mind Over Mood: Change How You Feel by Changing How You Think** by Dennis Greenberger and Christine A. Padesky, 1995.
- **Here to Help BC** – a website created by the BC Partners for Mental Health and Addictions Information to provide information and resources for depression, anxiety and other mental health disorders. Website: www.heretohelp.bc.ca/

► Depression Self-Care continued

- **Chronic Disease Self-Management Program** – a patient education program offered in communities throughout BC, which teaches practical skills on managing chronic health conditions. Website: www.selfmanagementbc.ca/
- **MoodGYM** – a free Internet-based cognitive behavior therapy intervention. Website: moodgym.anu.edu.au
- **Bounce Back** – a free evidence-based program to help adults experiencing symptoms of depression or anxiety resulting from stress or other life events. Requires physician referral. Website: www.cmha.bc.ca/how-we-can-help/adults/bounceback

► Suicide Prevention and Crisis Support

- **The Crisis Intervention and Suicide Prevention Centre of British Columbia** – provides local crisis centre phone numbers.

Distress Line Numbers: BC-wide: **1-800-SUICIDE (1-800-784-2433)**
Greater Vancouver: **604-872-3311**
Toll free: Lower Mainland & Sunshine Coast: **1-866-661-3311**
TTY: **1-866-872-0113**
Seniors' Distress Line: **604-872-1234**

Online Distress Services: www.youthinbc.com
www.crisiscentrechat.ca
www.crisiscentre.bc.ca

- **Centre for Suicide Prevention (Canada)** – provides information on suicide and suicidal behavior.
Website: www.suicideinfo.ca