



Depression: Resource Guide for Physicians

► Physician Resources

- **BC Guidelines**, www.BCGuidelines.ca - Anxiety and Depression in Children and Youth – Diagnosis and Treatment, Problem Drinking
- **BC Mental Health and Addiction Services**, www.bcmhas.ca/ – resources and information on services for reproductive mental health issues as well as other mood disorders related to children and women
- **Family Physician Guide for Depression, Anxiety Disorders, Early Psychosis and Substance Use Disorders** – information on how to detect, diagnose and manage Major Depressive Disorder (MDD) subtypes and other mood disorders (e.g., anxiety and bipolar disorders) in the primary care setting, as well as information on suicide risk assessments. Available at: www.health.gov.bc.ca/library/publications/year/2008/fpg_full.pdf
- **HealthLink BC** - information on MDD and MDD subtypes and other mood disorders, www.HealthLinkBC.ca or by telephone 8-1-1.
- **Mood Chart** – example of a mood chart you can provide your patients. Available from: www.blackdoginstitute.org.au/docs/moodchartfordepressionandhowtomonitoryourprogress.pdf
- **Motherisk** – information on antidepressant use during pregnancy, website: www.motherisk.org/women/index.jsp
- **PHQ-9 website** – downloads of the PHQ-9 in various languages and instructions for scoring, Website: www.phqscreeners.com/
- **Practice Support Program Adult Mental Health Learning** – detailed information, resources and tools on MDD subtypes and other mood disorders (e.g., anxiety and bipolar disorders) Website: www.gpsc.bc.ca/psp/learning
- **Rapid Access to Consultative Expertise (RACE)** – telephone access to specialists for guidance and advice on patients as well as assistance with care plans (where available). Check website regularly for updates on expansion of service throughout BC. Website: www.raceconnect.ca/

► Self-Management Resources

- **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** by Dennis Greenberger and Christine A. Padesky, Zipper Books, 1995.
- **BC Partners for Mental Health and Addictions Information** - provides Mental Disorders, Depression and Anxiety Disorders Toolkits, website: www.mentalhealthaddictions.bc.ca
- **Chronic Disease Self-Help Management Program** - a patient education program offered in communities throughout British Columbia, which teaches practical skills on managing chronic health problems, website: www.coag.uvic.ca/cdsmp
- **Canadian Mental Health Association** - telephone 1-800-555-8222, website: www.cmha-bc.org

► **Self-Management Resources continued**

- **Mood Disorders Association of BC** - telephone 604-873-0103.
- **MoodGYM** - a free Internet-based cognitive behavior therapy intervention (CBT), 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 practitioner referral.
Website: www.cmha.bc.ca/how-we-can-help/adults/bounceback

Note: some patients, especially those with more severe symptoms, may not be able to take advantage of self-management while acutely ill but is recommended as treatment in the maintenance phase.

► **Resources for Psychological Treatment in BC**

- Psychiatrists by referral.
- Private psychologists, particularly those with CBT training; the BC Psychological Association (604-730-0522; www.psychologists.bc.ca) operates a referral service.
- Ambulatory psychiatric clinics, day programs at hospitals, or community mental health centres.
- Changeways – a best-practice, group-based psychoeducational program for depression, offered in a number of hospitals and community health centres throughout the province, website: www.changeways.com

► **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