

## Depression Resources

Resource	Description
<b>Depression Hurts</b> <a href="https://depressionhurts.ca/en/">https://depressionhurts.ca/en/</a>	Website developed by the Mood Disorders Society of Canada that includes a symptom checklist and doctor discussion guide for patients.
<b>Centre for Clinical Intervention</b> <a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression</a>	Depression Self-Help Resources
<b>E-Couch</b> <a href="https://ecouch.com.au/">https://ecouch.com.au/</a>	Online CBT for social anxiety disorder, generalized anxiety disorder and depression.
<b>Mind Health BC</b> <a href="http://www.mindhealthbc.ca/">http://www.mindhealthbc.ca/</a>	Includes a self-screening questionnaire, which then directs users to online and community resources.
<b>Mood Gym</b> <a href="https://moodgym.com.au/">https://moodgym.com.au/</a>	CBT-based self-help tool for learning skills to manage anxiety and depression.

## Books and Workbooks

Mind over Mood: Change How You Feel by Changing the Way You Think, by David Greenberger and Christine Padesky

Feeling Good, The New Mood Therapy, by David Burns