

Depression Resources

All about Depression
allaboutdepression.com

Website explains depression and different treatments available, such as medicine, therapy and self-help. Offers many resources for more information.

American Psychiatric Association
1000 Wilson Blvd, Suite 1825
Arlington, VA 22209-3901
psych.org
1-888-357-7924

Website offers information about mental health and different resources available.

American Psychological Association
750 First St., NE
Washington, DC 20002-4242
apa.org
1-800-374-2721

Website has information on mental illness and offers referrals to psychologists.

Depression and Bipolar Support Alliance
55 E Jackson Blvd. Ste 490
Chicago, IL 60654-7225
dbsalliance.org
1-800-826-3632

A nonprofit organization that offers information and support for depressed people and their families.

National Institute of Mental Health
Science Writing, Press and Dissemination Branch
6001 Executive Blvd., Room 6200
MSC 9663
Bethesda, MD 20892-9663
nimh.nih.gov
1-866-615-6464

A government agency that sponsors research on causes and cures for mental illness. Offers free publications and other information.