

INFORMED CHOICES ABOUT

# DEPRESSION

## Getting help for depression

### In Crisis Now?

- If you or someone you know is having thoughts of suicide or harming themselves, go to the nearest hospital, call 9-1-1 or contact your local crisis line. The following websites provide a list of crisis lines across Canada:
  - <http://www.suicideprevention.ca/in-crisis-now/find-a-crisis-centre-now/>
  - <http://www.cmha.ca/mental-health/find-help/>

### If you're not in crisis but want to talk to someone:

- If you're not in crisis, but would like to talk to someone about your feelings of depression and treatment options, speak to your family doctor, school counselor, or Employee Assistance Program if you have one through your work. They will be able to help you find the professional help that best meets your needs; and can provide a referral.
- Call or visit your local **Canadian Mental Health Association** or **Mood Disorders Association**. They can connect you to help and resources.
  - <http://www.cmha.ca/get-involved/find-your-cmha/>
  - <http://www.mooddorderscanada.ca/page/finding-help>
- Visit <http://www.ementalhealth.ca/> to find mental health services help and support in your community.
- Some medical clinics have their own counselors.
- If these resources are not available to you, consider going to a walk-in clinic.



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For more fact sheets and information about depression and its treatment please visit: <http://depression.informedchoices.ca>

**Disclaimer:** Information in this pamphlet is provided for educational purposes only. Always consult a qualified health care professional for your specific care.

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**Source:** This summary provides scientifically accurate information. It was prepared in a research review by researchers and young adults with the Mobilizing Minds Research Group. The researchers are based at six universities: Manitoba, York, McMaster, Brock, Brandon, and Université Laval. Our core community partner is [mindyourmind.ca](http://mindyourmind.ca) located in London, Ontario. Our young adult team members are located all across the country. Last revised: 12 March 2013.

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