

INFORMED CHOICES ABOUT

# DEPRESSION

## Hosting fact sheets or web links

We encourage health professionals to use the resources developed by the Mobilizing Minds Research Group and to post them on their websites so that both clients and other professionals may access the information when it is required.

Individual PDF fact sheets can be conveniently posted on your website using the URLs below, in a way that allows visitors to view, print or save them without being directed away from your website. By using these URLs on your site, rather than setting up the fact sheets you want with new URLs, you will also help us to monitor how many people are accessing these resources, so that we may report this to the project funders (the Canadian Institutes for Health Research and the Mental Health Commission of Canada). The exact way that the links are posted will depend on the content management system (CMS) or framework (CMF) your website uses, so you may require the assistance of your website developer or administrator.

If you have any questions about this process, or are interested in hosting the Mind Pack or any of Mobilizing Minds' research snapshots or publications, please contact Mobilizing Minds Research Lead, Dr. John Walker at [john.walker@umanitoba.ca](mailto:john.walker@umanitoba.ca)

Link to overall site: <http://depression.informedchoices.ca>

Link to French site: <http://depression.informedchoices.ca>

**Click on the on the web address below the fact sheet title to save or download (.pdf format)**

### General

- What is depression?  
<http://depression.informedchoices.ca/?wpmact=process&did=MjluaG90bGluaw==>
- Getting help for depression  
<http://depression.informedchoices.ca/?wpmact=process&did=MjEuaG90bGluaw==>
- How to help a friend or family member  
<http://depression.informedchoices.ca/?wpmact=process&did=MjAuaG90bGluaw==>

- Self-help treatments  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTkuaG90bGluaw==>

### **Counselling or Therapy**

- Counselling or therapy to treat depression  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTguaG90bGluaw==>
- What to expect during counselling or therapy  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTcuaG90bGluaw==>
- Who provides counselling or therapy?  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTYuaG90bGluaw==>
- Questions to ask when you are deciding on a counsellor or therapist  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTUuaG90bGluaw==>
- What happens when counselling or therapy is completed?  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTQuaG90bGluaw==>
- What are the risks of counselling or therapy?  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTMuaG90bGluaw==>
- How much does counselling or therapy cost?  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTIuaG90bGluaw==>
- Tips to managing the cost of counselling or therapy  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTEuaG90bGluaw==>

### **Medication Treatment**

- Medication treatment for depression  
<http://depression.informedchoices.ca/?wpdmact=process&did=MTAuaG90bGluaw==>
- How long should you keep taking medication?  
<http://depression.informedchoices.ca/?wpdmact=process&did=OS5ob3RsaW5r>
- What are the common side effects of medication treatment?  
<http://depression.informedchoices.ca/?wpdmact=process&did=OC5ob3RsaW5r>

- What happens when your medication is gradually reduced and eventually stopped?  
<http://depression.informedchoices.ca/?wpdmact=process&did=Ny5ob3RsaW5r>
- How much does medication treatment cost?  
<http://depression.informedchoices.ca/?wpdmact=process&did=Ni5ob3RsaW5r>
- Insurance coverage for medication costs  
<http://depression.informedchoices.ca/?wpdmact=process&did=NS5ob3RsaW5r>

### **Alternative Treatments**

- Exercise to treat depression  
<http://depression.informedchoices.ca/?wpdmact=process&did=NC5ob3RsaW5r>
- Light therapy to treat depression  
<http://depression.informedchoices.ca/?wpdmact=process&did=NDguaG90bGluaw==>
- Herbal medicines to treat depression  
<http://depression.informedchoices.ca/?wpdmact=process&did=NDkuaG90bGluaw==>
- Dietary supplements to treat depression  
<http://depression.informedchoices.ca/?wpdmact=process&did=NTAuaG90bGluaw==>
- Mindfulness meditation to treat depression  
<http://depression.informedchoices.ca/?wpdmact=process&did=NTEuaG90bGluaw==>