

## Depression Resource Listing

### Video Resources:

MINDS ON THE EDGE: Facing Mental illness explores the stories of two fictional characters, Olivia and James. Their stories are hypothetical, but the dilemmas are real as American families struggle with mental illness.

<http://www.mindsontheedge.org/watch/fullprogram/>

AFSP Looks to Educate Patients with Mood Disorders, Their Families, Caregivers

[http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page\\_ID=F6AD1D73-E21C-1466-B977A667C9960044](http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_ID=F6AD1D73-E21C-1466-B977A667C9960044)

4-minute video to learn about signs, symptoms and research on depression.

<http://www.nimh.nih.gov/health/topics/depression/index.shtml>

"One Woman's Experience with Depression"

[http://nihseniorhealth.gov/depression/faq/video/depression1\\_na.html](http://nihseniorhealth.gov/depression/faq/video/depression1_na.html)

### Websites, Organizations, and Government Programs

The International Mental Health Research Organization is a leading mental health charity committed to supporting research to help people with brain disease, and, ultimately, find cures for schizophrenia, depression and bipolar disorder.

<http://www.imhro.org/>

As the nation's leading organization working to reduce emotional distress and prevent suicide among college students, The Jed Foundation is protecting the mental health of students across the country.

<http://www.jedfoundation.org/>

Mental Health America is the nation's largest and oldest community-based network dedicated to helping all Americans live mentally healthier lives. With our more than 300 affiliates across the country, we touch the lives of millions—Advocating for changes in policy; Educating the public & providing critical information; & delivering urgently needed Programs and Services.

<http://www.nmha.org/>

MINDS ON THE EDGE: Facing Mental Illness is a multi-platform media project that explores severe mental illness in America.

<http://www.mindsontheedge.org/>

From its inception in 1979, NAMI has been dedicated to improving the lives of individuals and families affected by mental illness.

<http://www.nami.org/>

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically based tools and information written in language the general public can understand.

<http://www.dbsalliance.org/>

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. The Agency was established in 1992 and directed by Congress to target effectively substance abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system.

<http://www.samhsa.gov/>

The National Institute of Mental Health (NIMH) is part of the National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services.

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure.

<http://www.nimh.nih.gov/index.shtml>

NARSAD helps the best and brightest scientific minds unravel the complexities of schizophrenia, depression, bipolar disorder, anxiety disorders such as PTSD and OCD and childhood disorders that include autism and ADHD. We continue to support them as they develop the next generation of diagnostics and treatments.

<http://www.narsad.org/>

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[http://www.dbsalliance.org](http://www.dbsalliance.org/)

The Depression and Bipolar Support Alliance (DBSA). Provides Spanish-language resources) (provee recursos en español)

<http://www.dbsalianza.org/>

Rebecca's Dream. The mission of The Rebecca Lynn Cutler Legacy of Life Foundation and Rebecca's Dream is "to promote awareness and compassionate understanding of depression and bipolar disorder as real diseases."

[www.RebeccasDream.org](http://www.RebeccasDream.org)

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[www.FacingUs.org](http://www.FacingUs.org)

The depression-screening.org web site is sponsored by the Mental Health America as part of the Campaign for America's Mental Health. The mission of this web site is to educate people about clinical depression, offer a confidential way for people to get screened for symptoms of the illness, and guide people toward appropriate professional help if necessary

<http://depressionscreening.org/>

BringChange2Mind.org is a not-for-profit organization created by Glenn Close, the Child and Adolescent Bipolar Foundation (CABF), Fountain House, and Garen and Shari Staglin of IMHRO (International Mental Health Research Organization).

<http://www.bringchange2mind.org/>

Active Minds is the only organization working to utilize the student voice to change the conversation about mental health on college campuses. By developing and supporting chapters of a student-run mental health awareness, education, and advocacy group on campuses, the organization works to increase students' awareness of mental health issues, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community.

<http://www.activeminds.org/>

The American Foundation for Suicide Prevention, a 501(c)(3) organization, has been at the forefront of a wide range of suicide prevention initiatives in 2009 -- each designed to reduce loss of life from suicide. We are investing in groundbreaking research, new educational campaigns, innovative demonstration projects and critical policy work. And we are expanding our assistance to people whose lives have been affected by suicide, reaching out to offer support and offering opportunities to become involved in prevention.

<http://www.afsp.org/>