

Web Sites

Depression

(National Library of Medicine)

Provides overviews and in-depth information on depression and other health topics.

<https://medlineplus.gov/depression.html>

Depression

(FamilyDoctor.org)

An overview of the signs and symptoms of depression, and information about depression after a heart attack.

<https://familydoctor.org/?s=depression>

Depression

(American Psychiatric Association)

Patient information on a variety of mental health topics.

<https://www.psychiatry.org/patients-families/depression/what-is-depression>

National Alliance on Mental Illness

Information on depression and other forms of mental illness, assistance in locating treatment, support groups, and listing and description of medications.

www.nami.org

National Institute of Mental Health

Overview of depression, including symptoms, treatment, and a video about depression.

www.nimh.nih.gov

Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

Contact Us

Call (608) 775-5995 or
(800) 362-9567, ext. 55995

Visit us online at
gundersenhealth.org/libraries

Email:
mooneylibrary@gundersenhealth.org

John & Nettie Mooney Library –
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,
With the Stanek Cancer Library
Level 2, East Building

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Depression in Adults Resources

John & Nettie Mooney Libraries

Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics
Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics
Gundersen St. Joseph's Hospital and Clinics
Gundersen Tri-County Hospital and Clinics

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HEALTH SYSTEM®

Books

Depression materials have call numbers from CB 310 to CB 319.

10 best-ever depression management techniques: understanding how your brain makes you depressed & what you can do to change it / Margaret Wehrenberg. (2011)

100 questions & answers about depression / Ava Albrecht. (2011)

Back from the brink: true stories and practical help for overcoming depression and bipolar disorder / Grame Cowan.

Black pain: it just looks like we're not hurting: real talk for when there's nowhere to go but up / Terrie Williams. (2008)

Depression cure: the 6-step program to beat depression without drugs / Stephen Ilardi. (2009)

Ending the depression cycle: a step-by-step guide for preventing relapse / Peter Bieling. (2003)

Finding your emotional balance: a guide for women / Merry Noel Miller (2015)

Living a healthy life with chronic conditions: self-management of heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental health conditions / Kate Lorig (2013)

The mindful way through depression: freeing yourself from chronic unhappiness / Mark Williams. (2007)

The mindful way workbook: an 8-week program to free yourself from depression and emotional distress / John Teasdale. (2014)

The mood repair toolkit: proven strategies to prevent the blues from turning into depression / David Clark. (2014)

Out of the shadows: a journey of recovery from depression / Mark Litzsinger (2016)

A secret sadness: the hidden relationship patterns that make women depressed / Valerie Whiffen. (2006)

Take control of your depression: proven strategies to help you feel better now / Susan Noonan (2018)

This close to happy: a reckoning with depression / Daphne Merkin (2017)

Transforming depression: the HeartMath solution to feeling overwhelmed, sad, and stressed / Doc Childre. (2007)

When depression hurts your relationship: how to regain intimacy and reconnect with your partner when you're depressed / Shannon Kolakowski. (2014)

When someone you know has depression: words to say and things to do / Susan J. Noonan (2016)

CDs & DVDs

Letting go of the past [CD]: up from depression / Robert E. Griswold. (2003)

The pain of depression [DVD]: a journey through the darkness / Ali DeGerome, director. (2007)