

Is Someone You Love Depressed?

Here are Education Resources and Tools for Understanding Depression

- [How You Can Survive When They're Depressed: Living and Coping with Depression Fallout](#) by Anne Sheffield (Book)
- Some information on [9 Depression Types to Know](#) by Chris Iliades, MD
- The Depression Center is an online forum for education, community moderated by health educators, mood and symptom tracking tools, and the option to participate in their program to address depression. This page is particularly helpful for learning about depression and the online forums provide a place to ask questions of health educators: <http://www.depressioncenter.net/Education/> .

Here, you may post a question online to a clinical psychologist:

<http://www.depressioncenter.net/AskTheExpert/viewAllQuestionOfTheMonths.aspx>

- A self-assessment provided by the World Health Organization:
http://www.drmelindadouglass.com/uploads/3/0/8/9/3089481/mdi_english.pdf
This can be used to identify symptoms of depression and also to track changes in your mood.
- Psycho-educational materials via the National Institute of Mental Health (NIMH):
<http://www.nimh.nih.gov/health/topics/depression/index.shtml>
- American Psychological Association article on cultivating resilience:
<https://www.apa.org/topics/resilience>