

## Family Burden and Family Interventions in Depression Reference List

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### **Self-Help Books for Depression**

- Barker, P, J (1993) A Self-Help Guide to Managing Depression; Stanley Thornes Ltd, Cheltenham
- Blackburn, I, M, (1997) Coping with Depression; Chambers, Edinburgh
- Burns, D.D. (1999) Feeling Good: The New Mood Therapy Revised and Updated New York: Wm. Morrow and Co.
- Hughes, I (1990) Beating the Blues: Practical Ways of Preventing Depression; Shadowfax, Cardiff
- Pitt, B (1993) Down with Gloom or How to Defeat Depression; Henry Ling Ltd, Dorchester
- Rowe, D (1983) Depression, The Way Out of Your Prison; Cox & Wyman Ltd, Reading
- Williams, C (2007) The Things You Do That Mess You Up (and How To Stop Doing Them) [www.fiveareas.com](http://www.fiveareas.com)
- Williams, C (2007) How to Fix Almost Anything (in 4 easy steps) [www.fiveareas.com](http://www.fiveareas.com)
- Williams, C (2007) I Can't Be Bothered Doing Anything [www.fiveareas.com](http://www.fiveareas.com)
- Williams, C (2007) Why Do I Feel So Bad? [www.fiveareas.com](http://www.fiveareas.com)
- Williams, C (2007) Why Does Everything Always Go Wrong? (and other bad thoughts you can beat) [www.fiveareas.com](http://www.fiveareas.com)
- Williams, C (2007) Living Life to the Full (DVD) [www.livinglifetothefull.com](http://www.livinglifetothefull.com)
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### **Websites**

- **Mind** (UK) offers confidential help and resources on a range of mental health issues. [www.mind.org.uk](http://www.mind.org.uk)
- **Mental Health Care** aimed at providing support to someone experiencing mental illness. <http://www.mentalhealthcare.org.uk/>
- **Mental Health Foundation** a charity for everyone's mental health <http://www.mentalhealth.org.uk/welcome/>
- **Depression Alliance** (UK) provides information and support services to those who are affected by depression via publications, supporter services and network of self-help groups [www.depressionalliance.org/](http://www.depressionalliance.org/)

- **Depression Alliance** (Scotland) [www.dascot.org](http://www.dascot.org)
- **Look Ok...Fell Crap?** (Scotland) aimed at young adults who may not use traditional services such as the phone line or self-help support groups and to move towards an online service that encourages and supports people with depression.  
[www.lookokfeelcrap.org](http://www.lookokfeelcrap.org)
- **Black Dog Institute** (Australia) a not-for-profit, educational, research, clinical and community oriented facility offering specialist expertise in depression and Bipolar Disorder [www.blackdoginstitute.org](http://www.blackdoginstitute.org)
- **MoodCafé** (Scotland) information and resources relevant to various common psychological problems <http://www.moodcafe.co.uk>

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