Family Burden and Family Interventions in Depression

Reference List


Luciano, M., Del Vecchio, V., Malangone, C., Giacco, D., De Rosa, C., Fiorillo, A. & Maj, M. (2011) P01-227-Implementing Family Psychoeducational Intervention in Bipolar I Disorder: A Randomized Controlled Trial European Psychiatry, 26, 228


**Self-Help Books for Depression**

- Blackburn, I, M, (1997) Coping with Depression; Chambers, Edinburgh
- 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) How to Fix Almost Anything (in 4 easy steps) [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)
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/](http://www.mentalhealthcare.org.uk/)
- **Mental Health Foundation** a charity for everyone’s mental health [http://www.mentalhealth.org.uk/welcome/](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…Feel 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](http://www.moodcafe.co.uk)

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October 2013