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Depression - resources

Depression is a medical condition. If you think you may be depressed, see a health care provider.

The following organizations are good sources of information on depression:

- American Psychiatric Association -- www.psychiatry.org/patients-families/depression/what-is-depression [<https://www.psychiatry.org/patients-families/depression/what-is-depression>]
- National Alliance on Mental Illness -- www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression [<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression>]
- National Institute of Mental Health -- www.nimh.nih.gov/health/topics/depression [<https://www.nimh.nih.gov/health/topics/depression>]
- US Dept of Health and Human Services, Office on Women's Health -- www.womenshealth.gov/mental-health/mental-health-conditions/depression [<https://www.womenshealth.gov/mental-health/mental-health-conditions/depression>]
- US National Library of Medicine, MedlinePlus -- medlineplus.gov/depression.html [<https://medlineplus.gov/depression.html>]

Alternative Names

Resources - depression

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