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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](http://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](http://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](http://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](http://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)  
[<https://medlineplus.gov/depression.html>]

## Alternative Names

Resources - depression

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