

Some useful web resources for depression and bipolar disorder

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The following websites and other resources will be found to be of help to persons suffering from depression and bipolar disorder.

DEPRESSION AND BIPOLAR DISORDER WEBSITES

Depression Alliance: 0845 123 2320

email... information@depressionalliance.org

www.depressionalliance.org

Confidential listening and support service. Also offers a range of information on depression and treatment options. National network of self-help groups for people experiencing depression. National pen friend scheme offering support and fellowship to people with depression and their carers. Quarterly newsletter, booklets and leaflets on depression.

TheSite.org

<http://www.thesite.org/healthandwellbeing/mentalhealth/depression>

Turn2me.org

www.turn2me.org/DepressionSupport

Overcome depression

www.overcomedepression.co.uk - Depression help and advice

MDF/The Bipolar Association: 020 7931 6480

email... mdf@mdf.org.uk

www.mdf.org.uk

Advice and information for people with manic depression (bipolar disorder) and their families, carers and mental health professionals. Supply a range of information leaflets, books and tapes. Network of self-help groups for people with manic depression, relatives and friends. Self-management training programmes.

Manic Depression Fellowship

Offer advice, support, and courses in managing manic depression (bipolar disorder). National website with links to local groups at Tel: 020 7793 2600

www.mdf.org.uk

Nearest bipolar self-help support group to Bedfordshire is based in Northampton - Tel: 08456 340540

Mood Swings: Helpline: 0845 123 6050

www.moodswings.org.uk

National Helpline and online support providing free and confidential information, advice and support to people with mood disorders, family, friends and health & social care professionals. Also one-to-one, support groups and workshops at a centre in Manchester.

Pendulum.org

www.pendulum.org (American site) - Online support group for people with manic depression (bipolar disorder).

PSYCHOLOGICAL SELF-HELP WEBSITES

The following are some useful psychological self-help websites.

Living life to the full

www.livinglifetothefull.com/index.php

Free to use cognitive behavioural therapy (CBT) based self-help site for a range of mental health difficulties.

Mood Gym

<http://www.moodgym.anu.edu.au/>

Australian-based CBT online help programme. Free to use.

CBT Resources

www.cci.health.wa.gov.au/resources/consumers.cfm

Beating the blues

www.beatingtheblues.co.uk

Get self help

www.getselfhelp.co.uk