



RESOURCE CENTRAL

Depression



There are several common types of clinical depression, such as major depression, dysthymia, and seasonal affective disorder. Clinical depression is not “feeling blue”: it is an illness affecting one’s eating and sleeping behavior, one’s feelings about oneself, and the way one thinks. Clinical depression is also not a “normal” emotional response to life or another illness. Without treatment, symptoms do not just go away; however, treatment by appropriate mental health physicians can help many people suffering from depression.

Start with a comprehensive look at depression from the National Institute of Mental Health. The site includes numerous links for more resources, publications, mental health location services, and information on clinical trials:
nimh.nih.gov/healthinformation/depressionmenu.cfm

Go here for a downloadable publication (also available in Spanish) from the National Institute of Mental Health. The booklet describes depression’s symptoms, causes, and treatments:
nimh.nih.gov/publicat/depression.cfm

These two articles discuss depression in the elderly from the National Institutes of Health and include resources for suicide risk and links for additional information:
nih.gov/news/WordonHealth/jun2000/story01.htm
niapublications.org/agepages/depression.asp

Follow this link for an interactive patient tutorial from the Patient Education Institute at the National Institute of Mental Health. The multimedia presentation features a version with questions and one without, as well as a text summary:
nlm.nih.gov/medlineplus/tutorials/depression/htm/index.htm

Check out this site for details on current clinical trials on depression:
clinicaltrials.gov/ct/gui/action/FindCondition?ui=D003863&recruiting=true

Check out this site, the Mental Health Services Locator, by the Center for Mental Health Services:
mentalhealth.samhsa.gov/databases

This site has statistics about the co-occurrence of depression with medical and psychiatric disorders:
nmha.org/go/information/get-info/depression/co-occurring-disorders-and-depression

One of the most popular self-help books for people with depression is *Feeling Good: The New Mood Therapy Revised and Updated*, by David D. Burns, M.D. (Avon, Revised edition: October 1999).

— Elizabeth Stump

Assistance Directory

HELP FOR ALL NEUROLOGICAL DISORDERS

American Academy of Neurology Foundation
neurofoundation.org
 866-770-7570

The Brain Matters
 AAN patient website
thebrainmatters.org

National Institute of Neurological Disorders and Stroke
ninds.nih.gov

ALZHEIMER’S DISEASE

Alzheimer’s Association
alz.org
 1-800-272-3900

Alzheimer’s Disease Education and Referral Center
alzheimers.org
 1-800-438-4380

Alzheimer’s Foundation of America
alzfdn.org
 1-866-232-8484

ATAXIA

National Ataxia Foundation
ataxia.org
 1-763-553-0020

AUTISM

Autism Society of America
autism-society.org
 1-800-3AUTISM (1-800-328-8476)

CEREBRAL PALSY

United Cerebral Palsy
ucp.org
 1-800-872-5827

ILLUSTRATION BY BRIAN STAUFFER

DYSTONIA

Dystonia Foundation
dystonia-foundation.org
1-800-377-DYST (1-800-377-3978)

Spasmodic Torticollis
spasmodictorticollis.org
1-888-445-4588

EPILEPSY AND SEIZURES

Epilepsy Foundation
epilepsyfoundation.org
1-800-332-1000

Sturge-Weber Foundation
sturge-weber.com
1-800-627-5482

HEADACHE /MIGRAINE

National Headache Foundation
headaches.org
1-888-NHF-5552 (1-888-643-5552)

American Council for
Headache Education
achenet.org
1-856-423-0258

The Migraine and Pain Fund
migraineandpainfund.org
646-495-3017

HUNTINGTON'S DISEASE

Hereditary Disease Foundation
hdfoundation.org
212-928-2121

Huntington's Disease Society of America
hdsa.org
1-800-345-HDSA (1-800-345-4372)

MULTIPLE SCLEROSIS

Multiple Sclerosis Association of America
msassociation.org
1-800-532-7667

Multiple Sclerosis Foundation
msfocus.org
1-800-225-6495

National Multiple Sclerosis Society
nationalmssociety.org
1-800-FIGHT-MS (1-800-344-4867)

MYASTHENIA GRAVIS

Myasthenia Gravis Foundation of America
myasthenia.org
1-800-541-5454

NEUROMUSCULAR DISEASES

ALS Association
alsa.org
1-800-782-4747

Muscular Dystrophy Association
mda.org
1-800-FIGHT-MD (1-800-344-4863)

PAIN

American Pain Foundation
painfoundation.org
1-888-615-PAIN (1-888-615-7246)

Neuropathy Association
neuropathy.org
212-692-0662

PARKINSON'S DISEASE

American Parkinson Disease Association
apdaparkinson.org
1-800-223-2732

Michael J. Fox Foundation for Parkinson's
Research
michaeljfox.org
1-800-708-7644

National Parkinson Foundation
parkinson.org
1-800-327-4545

Parkinson's Disease Foundation
pdf.org
1-800-457-6676

STROKE

American Stroke Association
strokeassociation.org
1-888-4-STROKE (1-800-478-7653)

National Stroke Association
stroke.org
1-800-STROKES (1-800-787-6563)

TRAUMA

Brain Injury Association of America
biausa.org
1-800-444-6443

Support Groups for Couples

To find out more about support groups, contact:

The National MS Society
NationalMSSociety.org

The National Parkinson Foundation
parkinson.org

The Neurological Disorders Support
Group at WebMD
boards.webmd.com/roundtable_topic/46

Yahoo list of neurology support
groups: [health.dir.groups.yahoo.com/dir/
Health__Wellness/Support/Diseases_
and_Conditions/Neurological_Disorders](http://health.dir.groups.yahoo.com/dir/Health__Wellness/Support/Diseases_and_Conditions/Neurological_Disorders)

The HealthWeb list of associa-
tions for different disorders, with
information about support groups
on the sites: [healthweb.org/browse.
cfm?categoryid=692](http://healthweb.org/browse.cfm?categoryid=692)

Family support groups by state for
mental retardation, ADHD, and other
disorders: [mentalhelp.net/poc/view_in-
dex.php?idx=topics](http://mentalhelp.net/poc/view_index.php?idx=topics)

Your local hospital, churches, and
community centers