

Learn more about

# Depression & Mental Health

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## Websites

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[AuroraHealthCare.org](http://AuroraHealthCare.org) This is *Aurora Health Care's* website of health information for consumers. Enter "mental health" or "depression" to link to information on these topics.

[Medlineplus.gov](http://Medlineplus.gov) *MedlinePlus* is a service of the National Library of Medicine and the National Institutes of Health and offers many links to information on mental health. Enter your topic in the search box to be connected to resources on child mental health, teen mental health, and depression from reliable organizations.

[Mentalhealth.gov](http://Mentalhealth.gov) *Mental Health.gov* provides one-stop access to U.S. government mental health information in English and Spanish. Help to recognize warning signs, cope with traumatic events and prevent suicide is a few clicks away.

[Nimh.nih.gov](http://Nimh.nih.gov) *National Institute of Mental Health (NIMH)*. Various mental health issues are addressed including the signs and symptoms, diagnosis and treatment of mental health disorders.

[nmha.org/index.cfm](http://nmha.org/index.cfm) *Mental Health America* is nationally recognized for information on mental illnesses and treatments. It offers a 24-hour, toll-free crisis helpline at 1-800-273-8255.

## Local resources

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**Mental Health Association (MHA) of Wisconsin** (MHA) provides programs and support groups, education and outreach services, and information and assistance with mental health issues. Visit their Web site at [www.mhawisconsin.org](http://www.mhawisconsin.org) for the greater Wisconsin area or call 866-948-6483 (toll-free), 414-276-3122 for the Milwaukee area, 608-250-4368 in the Madison area. For immediate help, call the Suicide Hotline at 800-273-8255.

## Books

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*The Family Guide to Mental Health Care* by L Sederer, MD., W.W. Norton, 2013, ISBN 9780393707946, \$25.95. Dr. Sederer explains the symptoms, treatment, prevention, health insurance and law related to mental illness. Topics included are generalized anxiety, obsessive-compulsive disorder, panic, bipolar illness, and binge eating.

*Managing Your Depression* by SJ Noonan, MD., Johns Hopkins, 2013, ISBN 9781421409474, \$14.95. Dr. Noonan describes the basics of mental health and offers depression management strategies. Having been depressed herself, she comforts those who have difficulty and encourages people to participate in their own care.

*Resilience* by SM Southwick, Cambridge Univ. Pr., 2012, ISBN 9780521195538, \$23.99. This well-researched and practical guide identifies ten ways people can use to weather and bounce back from stress and trauma. Build emotional, mental and physical resilience by reading this book.

*Rethinking Depression* by E. Maisel, PhD., New World Library, 2012, ISBN 9781608680207, \$14.95. Explore some important issues in how depression is diagnosed and treated. Practical guidance on how to create a life of meaning is given.

*Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.*