

## Some Resources for Depression

Alameda Suicide Prevention Hotline:

[http://www.crisissupport.org/crisis\\_line](http://www.crisissupport.org/crisis_line)

Sausal Creek Outpatient Stabilization Clinic

Mental Health Evaluation and Medication

Open Mon - Saturday.

2620 26<sup>th</sup> Ave., Oakland, CA 94601 510-437-2363

<http://www.telecarecorp.com/sausal-creek-outpatient-stabilization-clinic/>

National Institute of Mental Health

<http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml>

Rick Hanson, Ph.D.

Wise Brain.org

<http://www.wisebrain.org/about-us>

Buddhist teacher Susan Moon's essay on her struggle with depression:

<https://www.lionsroar.com/?s=Susan+Moon+depression>

SF Bay Area Center for Cognitive Therapy

<http://www.sfbacct.com>

Kp.org Information, podcasts, links to Kaiser medical centers that offer depression classes. To download podcasts, type "podcasts" in search field. (Can be accessed by anyone.)

[Kp.org](http://kp.org)

### Books:

[Mind Over Mood: Change How You Feel by Changing the Way You Think](#)

By Dennis Greenberger, Christine Padesky

[Feeling Good: The New Mood Therapy Revised and Updated](#)

By David D. Burns

## **Books (cont.):**

[The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness](#)

By Mark G. Williams, John D. Teasdale, Zindel V. Segal, Jon Kabat-Zinn

## **Audio Recordings of Guided Imagery and Other Resources for Depression**

<https://www.healthjourneys.com/audio-library/depression>