

Depression Resources

If you have been diagnosed with depression or if you think you might be experiencing depression, navigating through the abundance of information available may seem overwhelming. Understanding depression and learning about its signs, treatment, and symptoms can assist in recovery. The more individuals understand about depression and associated issues the more likely they are to gain the full benefit of treatment. Therefore the following links may prove useful to you as you seek to learn more about the illness.



Canadian Mental Health Association

www.cmha.ca

Centre for Addiction and Mental Health

www.camh.ca

Check Up from the Neck Up

www.checkupfromtheneckup.ca

Depression Hurts

www.depressionhurts.ca

**Employee and Family Assistance Program –
Health and Wellness Companion**

www.homewoodhealth.com

**Great West Life Centre for Mental Health - Employee
Resources**

www.gwlcenreformentalhealth.com

Healthy Living – Mental Health

www.hc-sc.gc.ca

Mood Disorders of Canada

www.mooddisorderscanada.ca

Public Health Agency of Canada - Mental Illness

www.phac-aspc.gc.ca

Disclaimer

The information provided above is intended for general understanding and education of depression only. Organizational Health and Effectiveness (OHE) does not endorse any product or service found contained within these links. This information should not be considered or used as a substitute for medical advice, medical diagnosis, or medical treatment.

OHE encourages you to seek the advice of a medical doctor or other qualified health care provider if you have any questions regarding a specific health condition. Please call 911 if you have a medical emergency or are in danger of hurting yourself or someone else.

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