

# Patient Self-Help Tools

## Books

*Feeling Good: The New Mood Therapy,*

Burns, D. New York: Signet books

*The Feeling Good Handbook,*

Burns, D. New York

*The Depression Workbook: A Guide for Living with Depression and Manic Depression,*

Plume Copeland, M. Oakland, CA; New Harbinger

*Mind Over Mood,*

Greenberger, D. & Padesky, C. New York: Guilford

## Websites

National Association for Mental Health ----- [www.nami.org](http://www.nami.org)

National Depressive and Manic Depressive Association --- [www.ndmda.org](http://www.ndmda.org)

American Psychological Association ----- [www.apa.org](http://www.apa.org)

American Psychiatric Association ----- [www.psych.org](http://www.psych.org)

Freedom From Fear, non-profit advocacy----- [www.freedomfromfear.org](http://www.freedomfromfear.org)

Writing for healing ----- [www.journaltherapy.com](http://www.journaltherapy.com)

----- [www.poetrytherapy.org](http://www.poetrytherapy.org)

WebMD----- [www.webmd.com](http://www.webmd.com)