

Online Treatment Programs for Depression

Complete treatment programs (interactive or workbooks) for depression:

www.moodgym.anu.edu.au - *MoodGym* is an interactive self-help program for teens and young adults with depression.

<http://www.depressioncenter.net>: - Interactive self-help for depression, including online chat forums.

www.livinglifetothefull.com – Interactive CBT for depression and anxiety, including short videos to help with relaxation, anger management, and wellness.

<http://changeways.com>: - Cognitive-behavioral self-help treatment for depression. Free workbooks are available in English, French, Punjabi, and Chinese. A manual designed especially for teens, *Dealing with Depression*, is also available free on this site.

<http://www.ecouch.anu.edu.au/welcome> - CBT, Interpersonal Therapy, and Relaxation therapy, as they apply to depression and anxiety. Online workbooks for therapists and clients.

<http://www.cci.health.wa.gov.au/resources/consumers.cfm> - Information and self-help resources on depression, bipolar disorder, anxiety disorders, and disordered eating. There are excellent handouts, information sheets, and workbooks that are easy to read and provide lots of practical help.

www.carmha.ca/publications/by-topic/self-care: series of workbooks on depression, depression in the workplace, children with depression, chronic disease.

<https://togetherall.com/en-ca/> - An online peer-to-peer support community for your mental health. Provides self-improvement tools for depression and anxiety. 24/7 support by trained clinicians.

<https://bouncebackontario.ca/>: is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.