

## **PATIENT HANDOUT - DEPRESSION AND MENTAL HEALTH PATIENT EDUCATION MATERIALS**

### **Listing of Patient Resources**

---

#### **Agency for Health Care Policy and Research**

- *Depression is a treatable illness* NO5
- [www.AHRQ.gov/consumer](http://www.AHRQ.gov/consumer)
- Information about depression, its causes, treatment options, professionals who treat the disease, national programs and assistance.

#### **American Academy of Family Physicians**

- *Patient Educational Information*
- <http://familydoctor.org/046.xml>
- Description of depression, how it's treated, how antidepressants are selected and common side effects.

#### **American Medical Association**

- *Consumer Health Information on Depression*
- Overview:  
[www.medem.com/MedLB/article\\_detailb.cfm?article\\_ID=ZZZGKPMOACC&sub\\_cat=128](http://www.medem.com/MedLB/article_detailb.cfm?article_ID=ZZZGKPMOACC&sub_cat=128)
- Treatment:  
[www.medem.com/MedLB/article\\_detailb.cfm?article\\_ID=ZZZLMLUOACC&sub\\_cat=128](http://www.medem.com/MedLB/article_detailb.cfm?article_ID=ZZZLMLUOACC&sub_cat=128)
- Depression information, including what causes it, how to get help, treatment options, help for family and friends, risk factors, suicide prevention, and how to reach out and get support.

#### **American Psychiatric Association**

- *Let's talk about...Depression*
- [www.psych.org/public\\_info/depression.cfm](http://www.psych.org/public_info/depression.cfm)
- General depression information, including causes, symptoms, types of therapy and national organizations that offer assistance with depression.

#### **National Alliance for the Mentally Ill**

- *Index of Patient Educational Resources*
- [www.nami.org/index.html](http://www.nami.org/index.html)
- Information about depression and other mental health illness. State and federal laws, journal articles, fact sheets about depression and more.

#### **Depression and Bipolar Support Alliance**

- *Patient Information*
- [www.ndmda.org/](http://www.ndmda.org/)
- An excellent resource and service site where patients with depression can go for help. Well-developed information about the different types of depression, adolescent depression, success stories from patients and clinical trials that are available. Provides details about chapters in local areas, educational programs, new releases, calendar of events and more.

#### **National Mental Health Association**

- *Public Educational Material*
- [www.nmha.org/ccd/index.cfm](http://www.nmha.org/ccd/index.cfm)
- Excellent information and resources including methods for screening depression, symptoms, commonly asked questions, types of treatment, women depression issues, geriatric depression and an events calendar.

Adapted from the Three Component Model, 3CM™, with permission. 2005.  
This information is provided for informational purposes only and is not intended to direct treatment decisions or offer medical advice. Aetna does not provide health care services and can not guarantee any results or outcomes. All patient care and related decisions are the sole responsibility of the treating provider.

