

Recommended Resource List: Depression

The State Library of the Kentucky Department for Libraries and Archives is dedicated to "Serving Kentucky's Need to Know."

To request a title from the State Library:

- *State government employees* should follow the call number link to the [KDLA Catalog](#) and click on the "Place Hold" button in the Availability section. Check the information on the form and then click on "Submit" button. Materials can be delivered by messenger mail in Frankfort or by UPS to field/district offices (return postage included). Downloadable audiobooks and e-books may be checked out through the [Kentucky Libraries Unbound \(KLU\)](#) website.
- *Public library staff* should use their libraries' own interlibrary loan system for requests. Public library staff members must have accounts at participating KLU libraries (either at their work locations or at the libraries in their counties of residence) to download titles.
- *Members of the general public* should contact their local public library for interlibrary loan service for audiobook, book and DVD titles and to confirm that the local public library offers downloadable titles through [Kentucky Libraries Unbound](#).

Books

Battenhausen, Leo J. **Defeating Depression: the Calm and Sense Way to Find Happiness and Satisfaction.** Far Hills, NJ: New Horizon Press, 2011. Call number: [616.8527 Batt](#)

Brees, Karen K. **Depression: the Most Important Information You Need to Improve Your Health.** Avon, MA: Adams Media, 2012. [Download from Kentucky Libraries Unbound](#)

Melemis, Steven M. **I Want to Change My Life: How to Overcome Anxiety, Depression & Addiction.** Toronto: Modern Therapies, 2010. Call number: [158.1 Mele](#)

Miller, Merry Noe. **Finding Your Emotional Balance: A Guide for Women.** Baltimore: Johns Hopkins University Press, 2015. [Download from Kentucky Libraries Unbound](#)

Wehrenberg, Margaret. **The 10 Best-ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed & What You Can Do to Change It.** New York: W.W. Norton, 2010. Call number: [616.8527 Wehr](#)

DVDs

Depression. 23 min. NIMCO, 2000. DVD. Call number: [VC DV 616.8527 Depr](#)

Going to Extremes: Mood Disorders & Schizophrenia. 30 min. Aquarius Productions, 2006. DVD. Call number: [VC DV 616.8527 Goin](#)

The Other Side of Blue: the Truth about Teenage Depression. 31 min. Fanlight Productions, 2000. DVD. Call number: [VC DV 616.8527 Othe](#)

Teenage Depression. 20 min. TMW Media Group, 2005. DVD. Call number: [VC DV 618.928527 Teen](#)

Websites

<http://www.nlm.nih.gov/medlineplus/depression.html>

MedlinePlus Health Information: Depression, sponsored by the National Library of Medicine, offers information and links to consumer health information from the National Library of Medicine and other selected sites. Some in Spanish.

<http://www.nimh.nih.gov/health/topics/depression/index.shtml>

Depression from the National Institute of Mental Health provides information resources on depression. Spanish language materials also available.