Explains how depression affects the brain, and how its effects can be reversed. Offers practical self-help suggestions.

Listed Motherisk's published studies on the treatment of various conditions in pregnancy. Includes reports on cardiovascular diseases, depression, epilepsy, asthma, hypertension, rheumatoid arthritis and other conditions.

Examines personal coping strategies and recovery processes of low-income women at risk for, or experiencing depression.
### CEDRIC Centre for Counselling

**Organization Type:** NGO - Non Government Organization  
**Service Language:** English  
**Services Provided:** Counselling  
Provides individual and group counselling on eating disorders, depression, anxiety, sexual assault, emotional abuse, body image issues, interpersonal skills, and self-esteem.

**Primary Telephone:** 250-383-0797  
**Website/URL:** [http://www.compulsiveeating.com/](http://www.compulsiveeating.com/)  
**Email Address:** info@compulsiveeating.com  
**Toll-free Phone Number:** 866-383-0797  
**Street Address:** 485 Garbally Rd  
**City:** Victoria  
**Province:** British Columbia  
**Postal/ZIP Code:** V8T 2J9

### Depression and manic depression (Farsi)

**Resource Language:** Farsi/Persian  
**Media Type:** Online  
**Publisher:** Canadian Mental Health Association  
**Publication Date:** 1993  
**Publication Place:** Toronto, ON  
Lists, in Farsi, the symptoms, causes, duration, recurrence and treatment of depressive illness and manic depression.

**Available From:** Canadian Mental Health Association  
**URL:** [http://www.cmha.ca/data/1/rec_docs/129_Dari_Depres.pdf](http://www.cmha.ca/data/1/rec_docs/129_Dari_Depres.pdf)

### So many changes: women, health and midlife

**Resource Language:** English  
**Media Type:** Paper  
**Author:** Mary J. Breen  
Lindsay Hall  
**Publisher:** Lawrence Heights Community Health Centre Press  
**Publication Date:** 1999  
**Publication Place:** Toronto, ON  
Covers issues related to middle, menopause, stress, depression, and relationships. Includes quotes from women interviewed about their experiences with these issues as well as further resources.

**Available From:** Lawrence Heights Community Health Centre  
**ISBN:** ISBN 1898476038  
**MENO.B74 1999 (CWHN Offices)**

**Notes:** Review, Spring 2001: An inclusive informative book discussing physical and emotional changes associated with middle and menopause including sexuality, work life, mental health and world perspective.
Depression and bipolar disorder can both cause people to go through periods of extreme sadness and despair, and even mental health experts may find it difficult to distinguish between the two disorders. But new research suggests these conditions may have very different patterns of brain activity. In a new study, researchers scanned the brains of people with clinical depression and other people with bipolar disorder, and measured these individuals' reactions to emotional photographs. The researchers found differences in the amount of activity in brain areas involved in regulating emotion. Although bipolar disorder can include the above depressive symptoms, it also includes symptoms of mania. Bipolar disorder is characterized by mood swings that fluctuate between depressive lows and manic highs. A manic episode is described as a distinct period of abnormally and persistently elevated, expansive, or irritable mood and increased goal-directed activity or energy, lasting at least one week. Symptoms of mania include

Understanding the different types of bipolar disorder can help distinguish between bipolar disorder and depression. Bipolar I disorder: This is diagnosed when a patient has had at least one manic episode, regardless of whether or not there has been a depressive episode. There are two types of mood disorders: Unipolar Depression and Bipolar Disorder. Both are considered genetic disorders and they share many symptoms. There is also a form of depression called situational depression, where a person becomes depressed due to a specific event and then goes back to a stable mood once the event and its aftermath is over. This article focuses on Unipolar Depression and Bipolar Depression. What Are the Main Differences between the Two Depressions? The biology of these disorders is different, effective treatments are different, and in some respects the symptoms are also