

# *Some Facts on Depression*

## RESOURCES

National Alliance on Mental Illness: 1-800-950-NAMI (1-800-950-6264),  
<https://www.nami.org>

Anxiety and Depression Association of America: 1-240-485-1001,  
<http://www.adaa.org>

National Institute of Mental Health: 1-866-615-6464,  
<http://www.nimh.nih.gov>

Centers for Disease Control and Prevention: Division of Mental Health, 1-800-CDC-INFO (1-800-232-4636), <http://www.cdc.gov/mentalhealth>

American Psychological Association: 1-800-374-2721, <http://apa.org>

American Psychiatric Association: 1-703-907-7300,  
<http://www.psychiatry.org>

American Foundation for Suicide Prevention: 1-800-273-TALK (1-800-273-8255), <https://afsp.org>

Depression and Bipolar Support Alliance: 1-800-826-3632,  
<http://www.dbsalliance.org>

Families for Depression Awareness: 1-781-890-0220, <http://familyaware.org>

Source: <http://www.everydayhealth.com/depression/guide/resources/>