

Peter Gove: Medicalization of Unhappiness

Additional Resources

Website and Book List

- **Mind Over Mood: Changing How You Feel by Changing the Way You Think.** Greenberger, Dennis & Christine A. Padesky. The Guildford Press, 1995.

Workbook developed by two master clinicians with extensive experience in cognitive therapy treatment and training shows readers how to improve their lives using cognitive therapy. The book is designed to be used alone or in conjunction with professional treatment. Step-by-step worksheets teach specific skills to help people conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems. Readers learn to use mood questionnaires to identify, rate, and track changes in feelings; change the thoughts that contribute to problems; follow step-by-step strategies to improve moods; and take action to improve daily living and relationships. The book's large-size format facilitates reading and writing ease.

- **Ending the Depression Cycle.** Beiling, Peter and Antony, Martin. Raincoast Books, 2003.

Step-by-step strategies for preventing depression relapse by leading researchers. This book deals with the period after recovery, when as many as 50% of those who have defeated depression will suffer relapse. Learn about the repeating cycle of depression. Then, with self-assessment tools and engaging exercises, understand the stage you are dealing with. Find practical advice about clinical options, including anti-depressant medication and continuing psychotherapy. Take away everyday strategies for thinking realistically, having fun, and being physically well. Discover meditation and thought monitoring techniques that help minimize stressors in your life.

- Canadian Mental Health Association – **BounceBack Program**
<https://cmha.bc.ca/programs-services/bounce-back/>

Effective skills to help individuals overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. Participants can learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. Available for free across BC, Bounce Back® has been shown to help reduce symptoms of depression and anxiety 50%. Program offered in online video, phone or video coaching series or self-guided online program.

- **St Vincent's Hospital, Sydney - This Way Up Clinic**

<https://thiswayup.org.au/>

Low-cost, convenient and effective online courses for anxiety and depression using Cognitive Behaviour Therapy (CBT) developed by the Clinical Research Unit of Anxiety and Depression (CRUfAD) at St Vincent's Hospital, Sydney and University of New South Wales (UNSW) Faculty of Medicine. Two options: 1) clinician prescribed & supervised courses; or 2) or diy self-help courses on desktop or mobile.

- **eHubHealth - moodgym**

<https://moodgym.com.au/>

Interactive online self-help program based on Cognitive Behaviour Therapy and Interpersonal Therapy developed and evaluated by researchers at the Australian National University. Learn and practise skills to prevent and manage symptoms of depression and anxiety.

- **Great West Life Centre for Mental Health in the Workplace
Workplace Strategies for Mental Health - Accommodation Webpage**

<https://www.workplacestrategiesformentalhealth.com/managing-workplace-issues/accommodation>

Accommodation resources for employers to help employees struggling with depression, anxiety or stress. Includes sections on The Duty to Accommodate; accommodation strategies; and supporting employee success. The website is leading source of free, practical tools and resources designed to help Canadian employers with the prevention, intervention and management of workplace mental health issues. All tools and resources are available in English and French to anyone, anywhere, at no cost.