

**Illinois Resources:**

*Depression Understood.* An online support community for those suffering from depression and anxiety. The website contains information and links to different associations as well as a depression hotline within your community. It also contains a chat room and forum where you can express your feelings and concerns to those within the mental health community.

<http://www.depression-understood.org/>.

*Illinois Department of Human Services-Division of Mental Health (DMH).* DMH provides services at all levels for adults and children throughout the state. <http://www.dhs.state.il.us/page.aspx?item=29735>.

**Fact Sheet:**

Depression facts, causes, symptoms and treatments.

[http://www.pbs.org/wgbh/takeonestep/depression/pdf/dep\\_facts.pdf](http://www.pbs.org/wgbh/takeonestep/depression/pdf/dep_facts.pdf)

**Video:**

PBS presents: Depression: *Out of the Shadows*

[http://www.pbs.org/wgbh/takeonestep/depression/video-ch\\_01.html](http://www.pbs.org/wgbh/takeonestep/depression/video-ch_01.html)

(adult/adolescent/postpartum/treatments)

<http://www.youtube.com/watch?v=cMJbn1-apcU>

You tube video on how to parent a depressed child.

**National Organizations:**

National Alliance on Mental Illness (NAMI). NAMI's mission is grassroots and the sharing of information with people with mental illness, their families, friends, mental health professionals, and the general public. NAMI strives to offer hope, reform and health our American community through support, education, and advocacy efforts. Find your local NAMI at:

<http://www.nami.org/Find-Your-Local-NAMI>.