

Recommended materials for patients experiencing depression

Books

Overcoming Depression	Paul Gilbert
Overcoming Depression and Low Mood	Chris Williams
Mind Over Mood	Christine Padesky
The Feeling Good Handbook	David Burns
CBT for Dummies	Rob Wilson
Mental Health Handbook	Trevor Powell

All available on Amazon UK

Leaflets

The Mind leaflet on Depression - available on www.mind.org.uk

Website

www.livinglifetothefull.com

Also information on depression and other mental health conditions is available on Oxleas website www.oxleas.nhs.uk