

Further Resources

Ministry of Health Depression Web site.

www.depression.org.nz

Age Concern Information on depression

www.ageconcern.org.nz/health/healthy-mind/depression

Mental Health Foundation's pamphlet: "Late Life Depression"

www.ageconcern.org.nz/files/LateLifeDepression.pdf

Online Cognitive Behavioural Therapy

(appropriate for all ages if able to engage in eTherapy)

<http://www.beatingtheblues.co.nz/>

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