

## Suggested Readings and Informational Websites

### Depression

- *On The Edge Of Darkness: Conversations About Conquering Depression.* Cronkite, K.
  - *Depression Challenged: Conquering The Beast Within.* Irwin, C.
  - *An Unquiet Mind: A Memoir Of Moods And Madness.* Jamison, K. R. (1995). New York: Vintage Books.
  - *Touched With Fire: Manic-Depressive Illness And The Artistic Temperament.* Jamison, K. R. (1993). New York: The Free Press.
  - *The Noonday Demon: An Atlas Of Depression.* Solomon, A. (2000). New York: Scribner. Depression caused Solomon to contemplate death while avoiding all pleasures in life such as friends, family, and food. He attempts to define this complicated disease through interviews with researchers, doctors, patients, and politicians.
- 
- National Alliance for the Mentally Ill (800-950-6264) [www.nami.org](http://www.nami.org)
  - Depression and Bipolar Support Alliance (800-826-3632) [www.dbsalliance.org](http://www.dbsalliance.org)
  - National Mental Health Association (800-969-NMHA) [www.nmha.org](http://www.nmha.org)
  - University of Michigan Depression Center (734-936-4400). Monthly workshops and support groups for families and individuals with depression [www.depressioncenter.org](http://www.depressioncenter.org)