

Identification and Treatment of Major Depressive Disorder (MDD) for Adults

Resources for Physicians

American Psychiatric Association

(<http://psychiatryonline.org/guidelines.aspx>)

Provides practice guidelines provide evidence-based recommendations for the assessment and treatment of psychiatric disorders.

National Alliance on Mental Health

(<http://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>)

An association of local affiliates, state organizations and volunteers who work in the community to raise awareness, provide support and education programs to help build better lives for those affected by mental illness.

National Institute of Mental Health

(<http://www.nimh.nih.gov/health/topics/depression/index.shtml>)

Provides educational information ranging from causes, signs and symptoms to treatment and clinical trials for depression.

New York Safe Act

Under the New York State Safe Act (Mental Hygiene Law § 9.46), physicians, licensed nurses and licensed social workers have additional responsibility to report individuals "likely to engage in conduct that would result in serious harm to self or others" to the Monroe County Director of Community Services, a county level Office of Mental Health administrator. The intent of the law is to limit individuals who are suicidal or potentially violent from owning firearms and/or removing firearms from their possession. To learn more about the NY Safe Act and medical/mental health provider responsibilities under it, consult the [New York State OMH website](http://www.omh.ny.gov) (www.omh.ny.gov) and click on NY Safe Act on the left-hand navigation bar, or contact the Monroe County Office of Mental Health at 585 753-6047.

Resources for Patients

Depression and Bipolar Support Alliance

(<http://www.dbsalliance.org/site/PageServer?pagename=home>)

Provides help, support, and education to improve the lives of people who have mood disorders.

Helpful resources for treatment of depression in the pregnant or lactating woman

- **Motherisk**
(<http://www.motherisk.org/women/index.jsp>)
- **Massachusetts General Hospital Center for Women's Mental Health**
(<http://www.womensmentalhealth.org/>)

Mental Health Association - Rochester

(<http://www.mharochester.org/>)

Offers services (e.g., life skills workshops, peer navigation and support, education and training, employment support and self-help drop in services) that help people recover from mental illness or maintain mental wellness.