**Dr Mo Zoha MRCPsych**

**Consultant Psychiatrist**

Appointments:

Tel: 0207 535 7763

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**Resources for Depression**

**Websites with useful / reliable information:**

* Royal College of Psychiatrists website:

[Depression | Royal College of Psychiatrists (rcpsych.ac.uk)](https://www.rcpsych.ac.uk/mental-health/problems-disorders/depression)

* For helpful information on medication and side effects:

[DrZoha Home (choiceandmedication.org)](https://www.choiceandmedication.org/drzoha/)

* Website of the mental health charity MIND

[www.mind.org.uk](http://www.mind.org.uk)

**Measuring Change:**

Using rating scales / diaries can help you to see improvements in your symptoms and difficulties, as well as identify triggers. There are many available on line. Useful ones to look at include those on the Black Dog Institute website:

[19-dailymoodchart.pdf (blackdoginstitute.org.au)](https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/19-dailymoodchart.pdf)

**Free online resources for psychological treatments (CBT):**

[Living Life to the Full | helping you help yourself (llttf.com)](https://llttf.com/)

[Getselfhelp.co.uk CBT self help and therapy resources](https://www.getselfhelp.co.uk/index.html)