



Antidepressant skills workbook (ASW)

<https://libraries.phsa.ca/permalink/catalog21519>

<http://www.comh.ca/antidepressant-skills/adult/>

<http://www.comh.ca/antidepressant-skills/adult/resources/index-asw.cfm>

Bilsker, Dan, Paterson, Randy. Vancouver, BC: Simon Fraser University | BC Mental Health & Addiction Services (BCM HAS) , 2005. 2nd ed. (Book, Online)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Internet



Antidepressant skills workbook

<https://libraries.phsa.ca/permalink/catalog112579>

<http://www.comh.ca/publications/resources/asw/SCDPAntidepressantSkills.pdf>

Bilsker, Dan, Paterson, Randy. Vancouver, BC: BC Mental Health & Addiction Services , 2005. 2nd. (Book, Online)

Audience: Patient or Public

Agency: BC Children's and Women's

URL Notes: Click on the link above to view the PDF file.

“ *The Antidepressant Skills Workbook gives an overview of depression, explains how it can be effectively managed according to the best available research, and gives a step-by-step guide to changing patterns that trigger depression. In this self-care guide, we show how to use cognitive and behavioura...*



Antidepressant skills workbook (French)

<https://libraries.phsa.ca/permalink/catalog112580>

<http://www.comh.ca/publications/resources/asw/SCDP-French.pdf>

Bilsker, Dan, Paterson, Randy. Vancouver, BC: BC Mental Health & Addiction Services , 2005. 2nd. (Book, Online)

Audience: Patient or Public

Agency: BC Children's and Women's

URL Notes: Click on the link above to view the PDF file.

“ *Written in French. The Antidepressant Skills Workbook gives an overview of depression, explains how it can be effectively managed according to the best available research, and gives a step-by-step guide to changing patterns that trigger depression. In this self-care guide, we show how to use cogni...*



Antidepressant skills workbook (Punjabi)

<https://libraries.phsa.ca/permalink/catalog112581>

<http://www.comh.ca/publications/resources/asw/SCDP-Punjabi.pdf>

Bilsker, Dan, Paterson, Randy. Vancouver, BC: BC Mental Health & Addiction Services , 2005. 2nd. (Book, Online)

Audience: Patient or Public

Agency: BC Children's and Women's

URL Notes: Click on the link above to view the PDF file.

“ *Written in Punjabi. The Antidepressant Skills Workbook gives an overview of depression, explains how it can be effectively managed according to the best available research, and gives a step-by-step guide to changing patterns that trigger depression. In this self-care guide, we show how to use cogn...*



Antidepressant skills workbook (Chinese Simplified)

<https://libraries.phsa.ca/permalink/catalog112582>

<http://www.comh.ca/publications/resources/asw/SCDP-Chinese-Simplified.pdf>

Bilsker, Dan, Paterson, Randy. Vancouver, BC: BC Mental Health & Addiction Services , 2005. 2nd. (Book, Online)

Audience: Patient or Public

Agency: BC Children's and Women's

URL Notes: Click on the link above to view the PDF file.

“ *Written in Chinese (Simplified). The Antidepressant Skills Workbook gives an overview of depression, explains how it can be effectively managed according to the best available research, and gives a step-by-step guide to changing patterns that trigger depression. In this self-care guide, we show ho...*



Antidepressant skills workbook (Chinese Traditional)

<https://libraries.phsa.ca/permalink/catalog112583>

<http://www.comh.ca/publications/resources/asw/SCDP-Chinese-Traditional.pdf>

Bilsker, Dan, Paterson, Randy. Vancouver, BC: BC Mental Health & Addiction Services , 2005. 2nd. (Book, Online)

Audience: Patient or Public

Agency: BC Children's and Women's

URL Notes: Click on the link above to view the PDF file.

“ *Written in Chinese (Traditional). The Antidepressant Skills Workbook gives an overview of depression, explains how it can be effectively managed according to the best available research, and gives a step-by-step guide to changing patterns that trigger depression. In this self-care guide, we show h...*