

**DEPRESSION SERVICE
PSYCHOLOGISTS**

Dr. Hal Wallbridge, C. Psych.
Dr. Carrie Lionberg
St. Boniface General
Hospital
Phone: 237-2979
Fax: 237-9243

Dr. Bruce Hutchison, C. Psych.
Victoria General Hospital
Phone: 477-3119
Fax: 269-7619

Dr. Norah Vincent, C. Psych.
Dr. Valerie Holms, C. Psych.
Health Sciences Centre
Phone: 787-7424
Fax: 787-3755



Dept. of Clinical Health Psychology
771 Bannatyne Ave.
Winnipeg, Manitoba
R3E 3N4 CANADA
Central Referral Fax Number
204 787-3755

**DEPRESSION
TREATMENT
SERVICES**



Psychology Program
Winnipeg Regional Health Authority

Depression

Almost everyone feels sad or "depressed" at certain times. **Clinical depression** (also called Major Depressive Disorder) is confirmed by the presence of a number of symptoms for at least a two-week period. These symptoms include sadness, loss of interest in usual activities, changes in appetite, changes in sleep, changes in sexual desire, difficulties in concentration, a decrease in activities or social withdrawal, increased self criticism or reproach, and thoughts of, or actual plans related to suicide. Clinical depression may vary in its severity, and in its extreme forms, can be life threatening and may require hospitalization.

Description of Services and Treatment

Research shows that psychological treatments are effective for persons with depression.

The **Behavioural Activation** program runs a 10-week group that helps people who are looking for ways to motivate themselves and to address lifestyle changes in order to feel better. (St. Boniface Hospital)

The **Cognitive-Behavioural Therapy** group program is a 16-week group that teaches people to recognize and change self-critical and negative thoughts, which in turn improves their mood. (Victoria General Hospital)

Interpersonal Therapy program offers 16-week groups that help people with mood problems related to relationship troubles or loss. (Health Sciences Centre)

The **Mindfulness-Based Cognitive Therapy** program is an 8-week course that teaches skills to prevent relapse. (Health Sciences Centre)

Groups usually consist of at least 6-8 members.

Services Available Through the Psychology Program of the Winnipeg Regional Health Authority

Psychology services for depression are available at several Winnipeg hospitals through the Clinical Health Psychology department. Consultation is provided regarding diagnosis and treatment. Empirically supported treatments are offered in a group format. There is no cost to this service, but some groups may require the purchase of workbooks.

REFERRAL PROCESS

Referrals from health care professionals are requested. An initial appointment will be scheduled prior to starting the treatment program in order to determine appropriateness of the services.

AVAILABILITY

Groups are offered several times per year. This varies depending upon available staff resources.