

# SELF-HELP RESOURCES FOR DEPRESSION

*The Cognitive-Behavioral Workbook for Depression*  
by William J. Knaus\*

## BOOKS



*The Feeling Good Handbook* by David Burns

*The Mindful Way Through Depression*  
by Mark Williams et al.

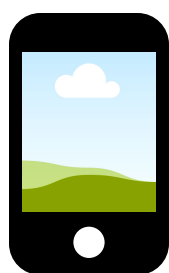
*The Mindfulness and Acceptance Workbook for Depression*  
by Strosahl and Robinson\*

*Coping with the Seasons Workbook: A Cognitive-Behavioral  
Approach to Seasonal Affective Disorder*  
by Kelly J. Rohan\*

\*Some books available through App State's Belk Library: [library.appstate.edu](http://library.appstate.edu)

For mindfulness and relaxation:

## SMARTPHONE APPS



- Calm
- Breathe2Relax
- Headspace
- Insight Timer

For mood-tracking:

- Pacifica

For coping and reducing self-harm:

- Calm Harm
- Virtual Hope Box

*Anxiety and Depression Association of America:*  
[adaa.org](http://adaa.org)

## ONLINE RESOURCES



*Psych Central on Depression:*  
[psychcentral.com/disorders/depression](http://psychcentral.com/disorders/depression)

*Get Self Help for Depression:*  
[getselfhelp.co.uk//depression.htm](http://getselfhelp.co.uk//depression.htm)

*Selfcompassion.org:*  
Exercises and guided meditations

*Suicide Prevention Lifeline:*  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) or (800)273-8255

*The Trevor Project:*  
Suicide Prevention for LGBTQ Youth  
[thetrevorproject.org](http://thetrevorproject.org) or (866)488-7386

**MORE SELF HELP ON THE BACK**



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**

[counseling.appstate.edu](http://counseling.appstate.edu) (828) 262-3180

*Inside Out* (Disney Pixar, 2015):  
About the importance of making  
room for all of our emotions

## VIDEOS



I Had a Black Dog (World Health Organization):  
Short video about depression and how to cope,  
[youtube.com/watch?v=XiCrniLQGYc](https://www.youtube.com/watch?v=XiCrniLQGYc)

CBT Self-Help for Depression: Explains the  
relationship between thoughts, feelings and behaviors  
[youtube.com/watch?v=JiltntIRQGA&feature=youtu.be](https://www.youtube.com/watch?v=JiltntIRQGA&feature=youtu.be)



Counseling Center:  
(828) 262-3180 (*Can also use this number to  
reach the on-call counselor in the case of  
emergencies after-hours or on weekends*)  
[counseling.appstate.edu](https://counseling.appstate.edu)

## CAMPUS RESOURCES



Psychology Clinic:  
(828) 262-6639  
[psychclinic.appstate.edu](https://psychclinic.appstate.edu)

UREC: Exercise and connect with others!  
(828) 262-2100  
[urec.appstate.edu](https://urec.appstate.edu)

Wellness Center: Koru Mindfulness classes  
and retreats!  
(828) 262-3148  
[wellness.appstate.edu](https://wellness.appstate.edu)



## MORE IDEAS AND THERAPIST RECOMMENDATIONS



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**  
[counseling.appstate.edu](https://counseling.appstate.edu) (828) 262-3180

This handout includes resources from:  
Norcross, J.C., Campbell, L.F., Grohol, J.M., Santrock, J.W., Selagea, F., Sommer, R. (2013) *Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships* (4th ed.). New York, NY: Oxford University Press.