Resource Bank for DEPRESSION

Please access each resource by clicking links!

**Apps**
- WellTrackBoost
- Insight Timer
- Headspace
- Calm
- Tappy: Self Care Fidgeter
- Finch: Self Care Widget
- Exhale - Designed for BIWOC
- Liberate - For BIPOC and/or 2LGBTQ+
- Shine - For BIPOC and/or 2LGBTQ+

**Books & Podcasts**
- Ten Percent Happier Podcast
  - The Science of Depression with Sona Dimidjian
- On Purpose with Jay Shetty
  - 3 Signs You Could Be Dealing With Depression & How to Stop Self-Sabotage
  - Dr. Daniel Amen ON: How to Change Your Life by Changing Your Brain & the Lies about Happiness That are Increasing Depression
- The Happiness Lab with Dr. Laurie Santos
  - Fighting the “Meh” Feeling of Languishing
- The 10 Most Effective Coping Skills for Depression

**Helpful Handouts**
- Self-Care Inventory
- 30 Days of Self-Care Plan
- Grounding Techniques
- Distress Tolerance
Websites & Videos
- 988 Suicide and Crisis Lifeline
- Trevor Project
- YouTube: Quick Access Kind Minds
- NAMI - Depression
- Everyday Health - The Right Resources Can Help You Manage Depression
- YouTube: What is Depression?

Campus Resources
- University Recreation
- Exercise is Medicine
- WE CARE Wellness Presentations
- Let’s Talk- Counseling and Psychological Services
- Group Therapy- Quick Access Kind Mind
- Student Health Services- Medication management, psychiatry appointments, wellness visit, etc.

Social Media
- Instagram
  - @thedepressionproject
  - @mentl.sesh
  - @story.of.the.mind
  - @thebraincoach
  - @psych_today

List Your Own!

Counseling Center Services
Interested in learning more?
The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.
1st Floor, Miles Annas Building | counseling.appstate.edu
(828)262-3180 | counseling@appstate.edu | @appstatecounselingcenter