

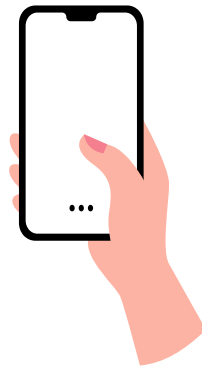
Resource Bank for

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](#)



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.

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?](#)

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.

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(828)262-3180 | counseling@appstate.edu |
[@appstatecounselingcenter](https://www.instagram.com/appstatecounselingcenter)