

## Let's Talk: Coping with Depression Resources

### Self-Help Resources

- NAMI - National Alliance of Mental Illness
- Centre for Clinical Interventions  
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression>
- <https://www.activeminds.org/>
- <https://www.mhanational.org/live-your-life-well>
- The Power of When | Michael Breus | Talks at Google  
<https://www.youtube.com/watch?v=DcK2b01nk3A->
- Better Health Channel - Living with Depression Recognizing Symptoms  
[https://www.youtube.com/watch?v=GNdE2\\_6bfpl&feature=youtu.be](https://www.youtube.com/watch?v=GNdE2_6bfpl&feature=youtu.be)

### Suicide Prevention Resources

- <https://suicidepreventionlifeline.org>
- <https://dmh.lacounty.gov/resources/suicide-prevention/>
- <https://www.suicideispreventable.org/>
- [www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)
- [https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide/index.shtml?utm\\_source=NIMHwebsite&utm\\_medium=Portal&utm\\_campaign=shareNIMH](https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide/index.shtml?utm_source=NIMHwebsite&utm_medium=Portal&utm_campaign=shareNIMH)

### Campus Resources

- <https://www.mtsac.edu/healthcenter>
- <https://www.mtsac.edu/wellness/index.html>

### Thought Records Worksheet

- <https://www.therapistaid.com/worksheets/thought-record.pdf>
- <https://fightingforwellness.files.wordpress.com/2013/05/thought-record-picture.jpg>