

Self Help for Depression (Click the icons to link to resources)

		Optimism	Track your moods & triggers; Learn coping	Free
		T2 Mood Tracker	Monitor and track emotional health	Free
		Positive Activity Jackpot	Creatively plan positive events	Free
		Mood 24/7	Text-based mood tracking system	Free
		<u>The Mindful Way Through Depression</u>	By Williams, Teasdale, Segal, & Kabat-Zinn	Varies
		Seven Rules for Making More Happiness	By Stefan Sagmeister	Free
		The Hidden Power of Smiling	By Ron Gutman	Free
		Plug into Your Hardwired Happiness	By Srikumar Rao	Free
		Happiness and Its Surprises	By Nancy Etcoff	Free
		The Habits of Happiness	By Matthieu Ricard	Free
		The Bridge between Suicide and Life	By Kevin Briggs	Free
		Depression, the Secret We Share	By Andrew Solomon	Free
		Confessions of a Depressed Comic	By Kevin Breel	Free

KEY



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YouTube video



Book



Ted Talk video



Website



MP3 file



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Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.