

## Depression

**If you're feeling low, unmotivated or disconnected—you're not broken, you're human.** Depression can make it hard to function, but you don't have to go through it alone. These resources offer support, clarity and hope—along with tools to help you better understand and manage your thoughts and mood.

### **Information Guides**

#### [Understanding Depression](#)

What is depression, how does it manifest and why is it important to seek help?

#### [Dealing with Negative Thinking](#)

Learn to recognize and challenge unhelpful thought patterns that often accompany low mood and depression.

#### [Tackling Low Mood and Depression](#)

Practical steps and lifestyle changes that can help lift mood and improve daily functioning.

#### [Thoughts and Depression](#)

Understand the connection between your thoughts, emotions and behaviors—and find helpful tools to break free from the downward spiral.

### **Website**

#### [Students Against Depression](#)

This student-focused site offers real experiences, expert tips and simple self-help tools to help you manage depression and feel more in control.

### **Book**

#### ***Managing Your Depression***

by Susan J. Noonan; Jonathan E. Alpert (Foreword by); Andrew A. Nierenberg (Foreword by); Timothy J. Petersen (Foreword by)

A compassionate, practical guide written by a physician who has personally experienced depression.

### **Video**

#### [Why Unwanted Intrusive Thoughts Can Bother us so Much](#)

Learn about the nature of intrusive thoughts and why they feel distressing. Find tips for handling them effectively.

### **App**

#### [Catch It- Make Sense of Moods](#)

Designed to help you track your mood and challenge negative thinking