## https://careguides.med.umich.edu/browse-bymedical-service/depression-center

## PATIENT EDUCATION FROM MICHIGAN MEDICINE EXPERTS













## Visit page to learn about:

- Depression Center Toolkit
- Anxiety Disorders
- Treatment Options
- Self-Care
- Stress Management

and much more

Handouts, booklets, websites, apps and videos

created or approved

by Michigan Medicine Experts







Information You Can Trust!