

# Adult Self-Help Resources for Depression During a Pandemic

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## Michigan Medicine Depression Center Toolkit

Access at: <https://www.depressioncenter.org/depression-toolkit>

For: Adults, adolescents

Cost: Free

Description: This website provides information, tools, support, and resources for people who are experiencing problems with mood, stress/anxiety, those who have been recently diagnosed with depression or bipolar disorder, and those receiving treatment for mood disorders. It also offers help to family members and caregivers of those who suffer from mood disorders.

The toolkit was created by experts from the University of Michigan Depression Center, with the help of people living with mood and anxiety disorders and a group of external professionals.

## Mood Coach

Access at: <https://mobile.va.gov/app/mood-coach> to find information about this app. Download at the Apple App store

For: Adults

Cost: Free

Description: Mood Coach is an app for Veterans, Service members, and others to learn and practice Behavioral Activation. Designed to help boost mood through participation in positive activities. It can be used on its own or to augment face-to-face care with a healthcare professional. It is not intended to replace therapy for those who need it.

This app provides:

- Scheduling of positive activities for selected values
- An activity log for tracking your progress
- A daily mood rating tool

- Education about depression, posttraumatic stress disorder, and Behavioral Activation
- The PHQ-9 assessment for tracking symptoms of depression

### **Mood Gym**

Access at: <https://moodgym.com.au/>

For: Adults

Cost: \$27 for 12-month access

Description: Moodgym works like an interactive self-help book that helps you to learn and practice skills that can help prevent and manage symptoms of depression and anxiety. Studies about this app demonstrate it is effective in reducing depression and anxiety symptoms.

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