• **Managing Anxiety During the COVID-19 Pandemic** Website.
  Access at: [http://michmed.org/kvdPZ](http://michmed.org/kvdPZ)

• **Michigan Medicine Depression Center Toolkit**
  [https://www.depressioncenter.org/depression-toolkit](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 Gym**
  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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