



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Adult self-help Resources for Managing Anxiety During a Pandemic

- **Managing Anxiety During the COVID-19 Pandemic Website.**

Access at: <http://michmed.org/kvdPZ>

- **Michigan Medicine Depression Center 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**

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.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 8/2020