



Depression Resource List

SIUE Student Support Services

- Career Development Center (CDC) –
 - “Assists students by incorporating career counseling and development with cooperative education and internships in a comprehensive program to prepare students to enter the world of work. The CDC is a starting point for students to find valuable career information.”
 - <https://www.siue.edu/career-development-center/index.shtml>
- Retention and Student Success (ORSS) –
 - “Provides resources and support to help students meet the demands of college and become successful graduates. The ORSS includes services such as: student mentoring, academic planning, and resource management.”
 - <https://www.siue.edu/retention/>
- Counseling Services –
 - “SIUE Counseling Services can help provide short-term assistance for students with a variety of concerns. They operate with the highest ethical standards in an effort to foster psychological well-being and development.”
 - <https://www.siue.edu/counseling/>
- Learning Support Services –
 - “Learning Support Services provides academic support to SIUE students through a variety of programs. These include: Academic Development Courses, Testing Services, Open-Access Tutoring Centers, and many other services.”
 - <https://www.siue.edu/lss/>
- Tutoring Resource Center –
 - “Held within Learning Support Services and serves the purpose of helping SIUE students succeed in their courses by offering a supportive learning environment. Offers walk-in tutoring to SIUE students for no additional cost for a variety of courses.”
 - <https://www.siue.edu/lss/tutoring-resource-center/index.shtml>
- ACCESS –
 - “ACCESS is dedicated to promoting an accessible SIUE campus community to ensure that all students are afforded an equal opportunity to be successful. ACCESS offers a variety of ways to accommodate individual student needs and serves as a bridge between the classroom and the commencement stage.”
 - <https://www.siue.edu/access/>

Edwardsville & Madison County Resource Lists

- Edwardsville Township Community Resource Directory
 - <https://edwardsvilletownship.com/wp-content/uploads/2019/08/Edwardsville-Township-Community-Resource-Directory-2019-2020-2.pdf>
- Madison County Community Resource Packet
 - <http://roe41.org/pdf/files/MadisonCountyHomelessResources.pdf>

Find Services & Support

- Counselor Referrals - Edwardsville & Surrounding Areas
 - This referral list is comprised of several counselors that treat various disorders in the Edwardsville and surrounding area. This list includes counselors with sliding scale or reduced fees.
 - https://drive.google.com/file/d/1mEXJWxBgkQ9l2EbKpolzK_0_ZG0cGfMy/view?usp=sharing
- Community Mental Health Referrals – Edwardsville & Surrounding Areas
 - This referral list is comprised of several agencies that provide comprehensive mental health treatment in the Edwardsville and surrounding area. This list includes agencies with sliding scale and reduced fees.
 - https://drive.google.com/file/d/1eXnVV6s6qPxrGoFB5Wh_WUiSLqB8X7mOx/view?usp=sharing
- Missouri Sliding Scale Counseling Agencies
 - This referral list is comprised of several sliding scale counseling agencies in Missouri.
 - <https://drive.google.com/file/d/1S17SuL8F6sVsJAI9JEbg8nTEyVLo3A2G/view?usp=sharing>
- Anxiety and Depression Association of America (ADAA)
 - Find a support group.
 - <https://adaa.org/supportgroups>
- NAMI Connection
 - “NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others’ experiences, share coping strategies, and offer each other encouragement and understanding.”
 - <https://www.nami.org/Find-Your-Local-NAMI/Affiliate/Programs?classkey=a1x36000003TN9TAAW>
- Psychology Today
 - Use to find therapists, teletherapy, psychiatrists, treatment centers, and support groups near you.
 - <https://www.psychologytoday.com/us/therapists>
- American Psychological Association
 - Psychologist locator
 - <https://locator.apa.org/>



Organizations - Resources & Hotlines

- National Alliance on Mental Illness (NAMI)
 - Contact the NAMI HelpLine
 - “The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.”
 - Call 1-800-950-NAMI (6264), Monday through Friday, 10 a.m.–8 p.m., ET, or send an email to info@nami.org.
 - Find Help in a Crisis
 - “Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.”
 - Text NAMI to 741-741.
- Suicide Prevention Action Network (SPAN)
 - National Suicide Prevention Lifeline
 - “Free and confidential support for people in distress, 24/7.”
 - 1-800-273-TALK (8255)
- The American Foundation for Suicide Prevention (AFSP)
 - “Provides referrals to support groups and mental health professionals, resources on loss, and suicide prevention information.”
 - 1-888-333-2377
- National Center for College Students with Disabilities (NCCSD)
 - Clearinghouse & Resource Library
 - <https://www.nccsdclearinghouse.org/>
 - “Text 741741 when you are feeling depressed or suicidal. A crisis worker will text you back immediately and continue to text with you. It’s free to ANYONE living in the U.S. and run by the Crisis Text Line.”
- Substance Abuse and Mental Health Services Administration (SAMHSA)
 - National Helpline
 - “Treatment referral and information, 24/7.”
 - 1-800-662-HELP (4357)
- Depression and Bipolar Support Alliance (DBSA)
 - <https://www.dbsalliance.org/>
 - “Provides information on bipolar disorder and depression, offers in-person and online support groups and forums.”
 - 1-800-826-3632



Assistive Technology Tools

Mobile Phone Applications –

- Calm Harm (iOS)
 - “Calm Harm provides tasks to help you resist or manage the urge to self-harm. If you want to you can set a password so that it's completely private. The app then provides you with four categories of tasks to help you surf the urge. ‘Distract’ helps in learning self-control; ‘Comfort’ helps you care rather than harm; ‘Express Yourself’ gets those feelings out in a different way and ‘Release’ provides safe alternatives to self-injury. There is also a ‘Breathe’ category to help calm and get back in control.”
- Depression CBT Self-Help Guide (Android)
 - “Uses cognitive behavioral therapy techniques to help users understand the severity of their depression and offer articles on positive thoughts and behavior.”
- Happify (iOS & Android)
 - “Various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.”
- Headspace (iOS & Android)
 - “Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus.”
- MoodTools (iOS & Android)
 - “Helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more.”
- Positive Thinking (Android)
 - “Gives users access to a plethora of quotes and motivational words designed to get people through their depressive episode.”
- ThinkUp: Positive Affirmations & Motivation (iOS)
 - “Allows users to record and store their own voice. The voice recordings are designed to be about positive thoughts and affirmations. When a user is feeling down they can listen to the recordings to assist in changing their mood.”
- What’s Up (iOS & Android)
 - “Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. Includes a “Get Grounded” page, which contains over 100 different questions to pinpoint what you’re feeling, and the “Thinking Patterns” page, which teaches you how to stop negative internal monologues.”



Self-Help Resources

University of Michigan –

- Depression Center Toolkit

- Toolkit Overview/Instructions
 - <https://ummentalhealth.info/toolkit-download/pdf/DepressionCenterToolkitOverview.pdf>
- Link for Depression Center Toolkit
 - <https://www.depressioncenter.org/depression-toolkit>

Therapist Aid Worksheets –

- *Coping Skills: Depression*

- “When used correctly, coping skills can reduce the symptoms of depression, and improve well-being. Depending on the coping skill, they can be used during a difficult moment to quell negative thoughts, or consistently every day to gradually improve mood. The Coping Skills: Depression worksheet describes four research-supported techniques to alleviate symptoms of depression.”
- <https://www.therapistaid.com/worksheets/coping-skills-depression.pdf>

- *Sleep Hygiene Handout*

- “Insomnia and other sleep issues are common among those with mental illness, and their correction can be a key part of recovery. Use this Sleep Hygiene Handout to educate yourself about basic sleep tips.”
- English - <https://www.therapistaid.com/worksheets/sleep-hygiene-handout.pdf>
- Spanish - <https://www.therapistaid.com/worksheets/sleep-hygiene-handout-spanish.pdf>

- *Mental Health Benefits of Exercise*

- “The first page of this worksheet lists the mental illnesses that can benefit from exercise, it provides examples of healthy workouts, and it gives tips to help people follow through with their goal. The second page of this printout provides a template for individuals to begin planning when and how they would like to begin their exercise routine.”
- English - <https://www.therapistaid.com/worksheets/mental-health-exercise-benefits.pdf>
- Spanish - <https://www.therapistaid.com/worksheets/mental-health-exercise-benefits-spanish.pdf>

- *How to Practice Mindfulness Meditation*

- “Research has linked mindfulness with numerous benefits to mental well-being. The Mindfulness Meditation worksheet provides all the information you will need to begin practicing mindfulness on your own. Posture, breathing, and the handling of a wandering mind are covered in simple terms.”
- English - <https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation.pdf>
- Spanish - <https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation-spanish.pdf>



- *Additional Mindfulness Exercises*
 - “Includes mindfulness meditation, body scan, mindful eating, and five senses.”
 - English - <https://www.therapistaid.com/worksheets/mindfulness-exercises.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/mindfulness-exercises-spanish.pdf>
- *Gratitude Exercises*
 - “Research in positive psychology indicates that those who practice gratitude have lower self-reported levels of depression and stress, and they're more satisfied with their social relationships. Not only that, but the effects can be long-lasting. This worksheet summarizes a few exercises to help you begin practicing gratitude.”
 - English - <https://www.therapistaid.com/worksheets/gratitude-exercises.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/gratitude-exercises-spanish.pdf>
- *Gratitude Journal*
 - “Gratitude journals are a popular and effective intervention. The goal is to increase our focus on positive experiences, which improves well-being. The Gratitude Journal worksheet begins with a one-page info sheet, followed by several pages for journaling practice. The info portion of the handout explains the positive benefits of gratitude, tips and instructions for keeping a good journal, and a series of prompts.”
 - English - <https://www.therapistaid.com/worksheets/gratitude-journal.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/gratitude-journal-spanish.pdf>
- *Positive Journal* (Similar to gratitude journal but briefer)
 - “Research tells us that frequent journaling can have positive effects on mood. Each day, write three brief entries, as short as one sentence each, describing something positive that happened. Entries don't have to be groundbreaking. They might be as simple as having a good dinner or going for a relaxing walk. When you're struggling, use this worksheet to help yourself see the positive in your life.”
 - English - <https://www.therapistaid.com/worksheets/positive-journal.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/positive-journal-spanish.pdf>
- *Challenging Negative Thoughts*
 - “Use this worksheet to challenge your negative thoughts and self-talk. You will be asked to take a step back and consider your situation and thoughts from a new perspective, such as that from a friend. Each question is designed to help you look at your negative thoughts more objectively.”
 - English - <https://www.therapistaid.com/worksheets/challenging-negative-thoughts.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/challenging-negative-thoughts-spanish.pdf>

About Depression

- Therapist Aid- *What is Depression?*
 - Info Sheet English - <https://www.therapistaid.com/worksheets/depression-info-sheet.pdf>
 - Info Sheet Spanish - <https://www.therapistaid.com/worksheets/depression-info-sheet-spanish.pdf>
 - YouTube Link - https://www.youtube.com/watch?v=fWFuQR_Wt4M
- National Institute of Mental Health
 - Depression – The Basics
 - https://www.nimh.nih.gov/health/publications/depression/19-mh-8079-depressionbasics_140843.pdf