



# **Resource Guide & Educational Materials**

## SELF-HELP RESOURCE LIST

### Hotline Phone Numbers

NATIONAL CRISIS HOTLINE: 1-800-784-HELP (24/7)

SELF-HARM HOTLINE: 1-800-366-8288 OR 888-296-7988 (24/7)

RUNAWAY HOTLINE: 1-800-786-2929 (24/7)

CHILD ABUSE HOTLINE: 1-800-422-4453 (24/7)

MENTAL HEALTH HOTLINE: 1-800-662-4357 (24/7)

EATING DISORDER HOTLINE: 1-800-931-2237

NATIONAL DOMESTIC VIOLENCE HOTLINE: 1-800-799-7233 (24/7)

NATIONAL HUMAN TRAFFICKING RESOURCE CENTER: 1-888-373-7888 (24/7)

VETERANS CRISIS LINE: 1-800-273-8255 (24/7)

HELPING HAND-UNITED WAY: Call 211 (24/7)

### Texting Hotlines

CRISIS HOTLINE NUMBER: 741741 - Text the word **GO**

HOTLINE NUMBER FOR TEENS: 839863 - Text the word **TEEN**

HUMAN TRAFFICKING HOTLINE NUMBER: 233733 - Text **BeFree**

NATIONAL SAFE PLACE: Text **SAFE** and your current location to 69866

### Websites:

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

[crisistextline.org](http://crisistextline.org)

[teenlineonline.org](http://teenlineonline.org)

[selfinjury.com](http://selfinjury.com)

# What is Depression?

## Symptoms of a Depressive Episode

depressed mood	loss of interest or pleasure	significant weight change	diminished concentration
sleep difficulties	fatigue nearly every day	feelings of worthlessness	recurring thoughts of death
Symptoms must cause significant distress.		Symptoms must last for at least two weeks.	

## Demographics

- Women are 2x more likely to develop depression.
- About 1 in 10 people will experience depression during their lifetime.
- Most people experience their first depressive episode between ages 20 and 30.

## Risks for Depression

- Family history of depression or similar disorders.
- Poverty, unemployment, social isolation, and other stressful life events.
- Regular drug and alcohol use.

## Psychotherapy

(Cognitive Behavioral Therapy)

CBT works by changing self-defeating thoughts and behaviors.

CBT has been found to be equally, if not more effective than medicine in many cases.

CBT is the most researched form of psychotherapy for depression.

## Medication

(Selective Serotonin Reuptake Inhibitors)

SSRIs increase the level of serotonin (a chemical related to depression) in the brain.

Studies suggest that SSRIs are the most effective when used to treat severe depression.

SSRIs don't work overnight—it might take up to 6 weeks before they reach their full effect.

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A combination of both psychotherapy and medication has been found to be the most effective treatment for depression.

## Other Facts

- Over 1/3 of those diagnosed with depression also suffer from anxiety.
- 60% of those who commit suicide suffer from depression or a related mood disorder.
- Physical exercise has been found to have a significant antidepressant effect.
- Depressive episodes also occur during bipolar disorder alongside manic episodes.

# How Can I Change Depressive Thinking?

The aim is to challenge depressive thinking and replace it with realistic thinking.

Realistic thinking is:

- Accurate about your current situation (seeing things as they are)
- Fair about yourself (balancing your view of the positives and negatives in your life)
- Accurate about your future (not exaggerating the chance of bad outcomes)

You can learn to evaluate your life situation and yourself in a realistic manner. You can learn to think in a fair and realistic way.

That means being fair and realistic about *yourself* (paying attention to strengths as well as weaknesses), about *your current situation* (weighing the positive and negative accurately) and about *your future* (not exaggerating the chance of negative outcomes). On the next few pages, we'll explain how to change depressive thinking into realistic thinking.

## Identify Depressive Thoughts

When you have long-standing health problems, it affects how you think about yourself and your future. Many of your thoughts will be understandable and realistic, but others may reflect depressive thinking. Knowing the difference between these kinds of thoughts is important.

Depressive Thoughts are unfair and unrealistic. They are distorted – inaccurate reflections of yourself and the world around you. The following types of distorted thoughts are common in people with depressed mood.

### Types of Depressive Thoughts

#### Filtering

This means focusing on the negative and ignoring the positive. Focusing on the negative side of experiences can make your whole life seem negative. For example, you receive the results of a health checkup: even though most of it is positive, you only remember the part where “slightly overweight” was mentioned, so you experience the checkup as mainly negative. **Realistic thinking balances both positive and negative aspects of a situation.**

#### Overgeneralizing

One negative event is seen to be the start of a never-ending pattern. You may think that if you fail the first time, you'll fail every time. For example, your appointment for a specialist treatment is canceled and you start to think that it will never happen and that you'll never get the treatment you require. **Realistic thinking recognizes that one disappointing outcome does not mean everything will be disappointing.**

#### All-or-Nothing Thinking

You see the world in extremes. You are either smart or stupid, tidy or a slob, entirely healthy or totally ill. Situations are either wonderful or terrible, successes or failures. There is no in-between and gradual improvement is not enough. For example, you start a new medication and you feel better, but not like you felt before getting sick, so you tell yourself that the treatment has failed. Or you see your life now as totally limited – you tell yourself that you really can't do *anything* enjoyable anymore. (And maybe you imagine that your life before illness was *perfect*).

**Realistic thinking involves seeing situations and people as falling somewhere between the extremes – toward the middle, where most things are found. Even if your life is more limited with a health condition, there are usually interesting activities you can still do or new activities you can start. And, your life before the health condition probably wasn't perfect.**



## Catastrophizing

You view a difficult situation as a future disaster. For example, you have back pain you rate as *medium*, and you think, “*In ten years it will become unbearable.*” You react to the imagined catastrophe (unbearable suffering) rather than to the smaller event (medium-level pain). Or, you might think, “*If I feel any pain with activity, that means I’ve injured myself and I’d better stay inactive.*” **Realistic thinking involves expecting events according to their true likelihood, not imagining the worst outcome.**

## Labeling

Labeling involves talking to yourself harshly and calling yourself insulting names. You talk to yourself in a way you would never talk to anyone else. For example, you forget to take one of your medications and blame yourself harshly, calling yourself “*idiot*” and “*useless.*” **Realistic thinking avoids the use of insulting labels because they are not fair. You wouldn’t talk to anyone else that way, and it’s discouraging to do it to yourself.**

## Mind-Reading

You feel as though you know what others are thinking about you, and it’s always negative. As a result, you react to what you *imagine* they think, without checking. For example, you have to use a cane to get around and you imagine that everyone looks down on you. **Realistic thinking recognizes that guessing what others think about you is likely to be inaccurate, especially when your mood is down.**

## Fortune-Telling

You feel as though you know what the future will bring, and it’s negative. Nothing will work out, so why bother trying? For example, you don’t take your medication regularly because you tell yourself that it probably won’t help anyway. **Realistic thinking recognizes that you don’t know how things will turn out. By staying open to the possibility of positive results, you’ll be more hopeful and more likely to achieve a positive outcome.**

## Perfectionism

It’s only good enough if it’s perfect – and since you can’t make most things perfect, you’re rarely satisfied or proud. For example, because you can’t reach the same fitness goal as before your health condition, you think it’s not worth practicing rehabilitation exercises. **Realistic thinking gives credit for accomplishments, even if the result is less than perfect. Few of us reach perfection, but our achievements are important.**

## Shoulds

You think that you know how the world *should* be, and it isn’t like that. You know what you *should* be like, and you aren’t. You know how other people *should* behave, and they don’t. As a result, you’re constantly disappointed and angry. For example, you tell yourself that your specialist *should* set aside half an hour for each visit, but you actually get only 10 minutes – so you feel bitter and discouraged. **Realistic thinking understands the limitations of the world and of yourself – trying for improvement but also accepting how things are. The world isn’t always going to be fair and just.**

There are other types of depressive thinking, but these are the most common ones. When you catch yourself thinking depressively, it can be useful to look at this list to see if you are using one of these styles of thinking. Most thinking is so quick and automatic that we don’t even realize we’re doing it. We must learn to become aware of depressive thinking as it occurs. An excellent strategy is to notice thoughts you are having when you experience a drop in your mood – it can be very helpful to write these thoughts down.



**Write down your Depressive Thoughts:**

## **Challenge Depressive Thoughts and Replace Them with Realistic Ones**

Now, it's time to take a good look at each of these Depressive Thoughts and challenge them. Challenging depressive thinking means that you figure out how these thoughts are unfair or unrealistic and then find more fair and realistic ways of thinking. In order to come up with fair and realistic thoughts, it's helpful to work through the Reality Questions.

### **Depressive Thought:**

I can't do anything now.

## **Reality Questions**

### **CAN I GET MORE EVIDENCE, MAYBE BY ASKING SOMEONE ABOUT THE SITUATION?**

It's often helpful to get another person's opinion about the situation where you've been experiencing low mood. For example, you tell a clinic nurse that you've been feeling like you'll get worse and worse until you're helpless. The nurse reassures you that most people with your health condition are able to stabilize their symptoms and become increasingly active.

### **WOULD MOST PEOPLE AGREE WITH THIS THOUGHT? IF NOT, WHAT WOULD MOST PEOPLE THINK?**

Just by imagining how most people would react to a Depressive Thought, you might find a more fair and realistic way of thinking. When you step outside yourself and examine your thinking from another viewpoint, it's easier to see how your thoughts might be too negative.

### **WHAT WOULD I SAY TO A FRIEND, IF MY FRIEND WERE IN A SIMILAR SITUATION?**

If a friend talked about feeling depressed in the same situation, what would you say? You might be able to help your friend think more fairly, to look at the situation in a balanced way. You might remind your friend of tough situations he has handled successfully in the past. You might find it easier to think fairly and realistically for a friend than for yourself!

### **WHAT WILL HAPPEN IF I CONTINUE TO THINK THIS WAY?**

It's important to consider what will happen if you continue thinking in a depressive way. For example, what is the effect of depressive thinking on your willingness to try new activities? What will be the results for you and others if you continue to think depressively?

### **WHAT IS A MORE ENCOURAGING OR USEFUL WAY OF THINKING?**

Can you come up with another thought that would have better results for you and others? Is there a way of thinking that would be more encouraging and helpful in improving the situation?



### **Situation:**

Depressive Thought	Fair and Realistic Thoughts

## Practice Realistic Thinking

It's not enough to come up with a fair and realistic thought just once. Depressive thinking gets repeated over and over, sometimes for years, until it becomes automatic. More balanced thinking will help you to feel better, but it won't be automatic – at least not for a while. The good news is that changing depressive thinking doesn't take years. In fact, people with low mood often notice a difference after a few weeks of practicing realistic thinking.

**Stressful situations** can trigger depressive thinking:

- Increase in physical symptoms or pain
- Forgetting to take your medication a few times
- Visiting a new specialist for an opinion about your care

In order to get the most benefit from practicing realistic thinking, you must pay attention to your thinking in stressful situations.

Write down a few situations where you often have Depressive Thoughts.

### **Situations:**

When you find yourself in a stressful situation, deliberately practice fair and realistic thinking. Don't assume it will happen on its own. You have to tell yourself how to look at the situation, just as you might give advice to a friend. Talk back to the depressive thinking. Don't allow depressive thinking to happen without replying to it. Every time you talk back, you make the depressive thinking weaker and the realistic thinking stronger. It takes time before realistic thoughts have more influence over you than depressive ones, but it's well worth the effort.

At first, realistic thinking might seem false to you. If your thinking has been distorted for some time, it can be difficult to see the truth. Imagine that you've been thinking in an unrealistic way about your health condition, telling yourself *"I have to go back to how I was before this all started, or my life isn't worthwhile."* Having this thought regularly may cause you to feel hopeless. You realize that this is unrealistic thinking and come up with the realistic thought *"It is worthwhile to make my life now as good as possible."* At first, this realistic thought will seem false, as though you're just fooling yourself. Only with time and repetition does realistic thinking – **the truth** – begin to feel true to you. Eventually, you'll come to accept realistic thoughts more naturally.

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## Building Happiness

Promotions, new relationships, and even winning the lottery will give you only a temporary boost in happiness. Each person has a baseline level of happiness that they quickly return to. Sustained happiness takes work. Listed below are exercises that, when practiced frequently, can build genuine and lasting happiness.

**Gratitudes:** Write down three things for which you are grateful every day. Don't worry if they seem simple or mundane—just get something down on paper. Writing gratitudes will help you identify positive aspects of even the worst days.

**Acts of kindness:** Make a conscious effort to do something nice for no reason other than to help. You might be surprised how a simple act of kindness can turn around the day for both you and the kindness recipient.

**Exercise:** The positive effects of exercise are astounding. Physically active people have increased energy, superior immune systems, and a frequent sense of accomplishment. Exercise can reduce insomnia, stimulate brain growth, and even act as an anti-depressant. If jogging or lifting weights seems like too much, don't be afraid to start with a 30 minute walk or a slow bike ride.

**Meditation:** Research has linked meditation with reduced anxiety and more positive emotions. Those who meditate regularly may even permanently restructure their brains to create sustained happiness.

**Positive journaling:** Take some time to write about positive events in your life. Write about a fun day spent with friends, a good movie, or an activity you enjoyed. Positive journaling will get you into the habit of focusing on the positive.

**Fostering relationships:** Strong social connections are thought to be one of the most powerful influences on our mood. Those who are dedicated to spending time with friends and family show the highest levels of happiness. If you can't see your loved ones every day you can still send an email or make a phone call. If it feels like you *never* see your loved ones, schedule time that can be dedicated to them.



# Sleep Hygiene

## › Set a schedule.

Establish a regular sleep schedule every day of the week. Don't sleep in more than an hour, even on your days off.

## › Don't force yourself to sleep.

If you haven't fallen asleep after 20 minutes, get up and do something calming. Read a book, draw, or write in a journal. Avoid computer, TV, and phone screens, or anything else that's stimulating and could lead to becoming *more* awake.

## › Avoid caffeine, alcohol, and nicotine.

Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used earlier in the day. Remember, caffeine can stay in your body for up to 12 hours, and even decaf coffee has *some* caffeine!

## › Avoid napping.

Napping during the day will make sleep more difficult at night. Naps that are over an hour long, or those that are later in the day, are especially harmful to sleep hygiene.

## › Use your bed only for sleep.

If your body learns to associate your bed with sleep, you'll start to feel tired as soon as you lie down. Using your phone, watching TV, or doing other waking activities in bed can have the opposite effect, causing you to become more alert.

## › Exercise and eat well.

A healthy diet and exercise can lead to better sleep. However, avoid strenuous exercise and big meals for 2 hours before going to bed.

## › Sleep in a comfortable environment.

It's important to sleep in an area that's adequately quiet, comfortable, and dark. Try using an eye mask, ear plugs, fans, or white noise if necessary.

## **Book List**

### **Domestic Violence**

Co-dependence No More, Melody Beattie  
Women Who Love Too Much, Robin Norwood  
Healing The Shame That Binds You, John Bradshaw

### **Bipolar Disorder**

An Un-quiet Mind, Kay Redfield Jamison  
Madness: A Bipolar Life, Marya Hornbacher  
Manic: A Memoir, Terri Cheney

### **Depression**

The Noonday Demon: An Atlas of Depression, Andrew Solomon  
How to Weep in Public: Feeble Offerings on Depression from One Who Knows, Jacqueline Novak  
Milk and Honey, Rupi Kaur

### **Obsessive Compulsive Disorder**

Into the Darkest Corner, Elizabeth Haynes  
OCD Love Story, Corey Ann Haydu  
Addition, Toni Jordan

### **Anxiety**

My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind, Scott Stossel  
The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points, Alice Boyes  
The Worry Book: Finding a Path to Freedom, Joshua Fletcher

### **Post-Traumatic Stress Disorder**

The Impossible Knife of Memory, Laurie Halse Anderson  
Ten Tiny Breaths, K.A. Tucker  
Trauma and Recovery, Judith Lewis Herman

### **Grieving**

Grieving the Loss of a Loved One, H. Norman Wright  
Healing Your Grieving Heart, Alan D. Wolfelt  
Good Grief, Granger Westberg

## SELF-HELP APPS

myStrength - To sign up:

1. Go to [www.mystrength.com](http://www.mystrength.com)
2. Click 'sign up'
3. Enter access code: MCMHACommunity
4. Complete the sign up process and profile

For thoughts of self harm:

1. Suicide Safe by SAMHSA –  
<https://store.samhsa.gov/apps/suicide-safe>
2. Suicide Safety Plan
3. MY3 – Support Network
4. Virtual Hope Box

Deep Breathing Techniques

1. Breathe2Relax
2. Paced Breathing
3. Breathe Well
4. Stop, Breath & Think

Anxiety

1. Self-Help for Anxiety Management
2. Pacifica – Anxiety, Stress, & Depression
3. Relax Lite: Stress and Anxiety Relief
4. Calm – Meditate, Sleep, Relax

All are FREE of charge

# COPING STRATEGIES



## EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water



Name: \_\_\_\_\_

Date: \_\_\_\_\_



# COPING STRATEGIES



## EXAMPLES OF COPING STRATEGIES:

- |                                 |   |
|---------------------------------|---|
| 63. Draw cartoons               | 82. Cook or bake                              |
| 64. Read a magazine             | 83. Plan a fun trip                           |
| 65. Write a thank you note      | 84. Use an I-statement                        |
| 66. Count to 100                | 85. Identify your emotions                    |
| 67. Make a list for the future  | 86. Express your feelings to someone          |
| 68. Read inspirational quotes   | 87. Write down your thoughts                  |
| 69. Compliment yourself         | 88. Identify a positive thought               |
| 70. Visualize a stop sign       | 89. Make your day's schedule                  |
| 71. Laugh                       | 90. List 10 positives about you               |
| 72. Smile in the mirror         | 91. Ask yourself, "What do I need right now?" |
| 73. Smile at others             | 92. Tell someone you are thankful for them    |
| 74. Do schoolwork               | 93. Pet an animal                             |
| 75. Look at animal pictures     | 94. Make a list of choices                    |
| 76. Hyperfocus on an object     | 95. Ask an adult for help                     |
| 77. Notice 5 things you can see | 96. Organize something                        |
| 78. Paint with water colors     | 97. Play a card game                          |
| 79. Use a relaxation app        | 98. Listen to nature sounds                   |
| 80. Watch a funny video         | 99. Sit and relax all your muscles            |
| 81. Drink some tea              | 100. Ask for a break                          |





Name: \_\_\_\_\_

Date: \_\_\_\_\_

# POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.