

## Self Help Resources – Useful sites & Information

### Low Mood / Depression

Have you looked at our list of **Workbooks & Online Courses** and **Apps**?

**I had a black dog, his name was depression** – A YouTube video on a story of overcoming depression.

[www.youtube.com/watch?v=XiCrniLQGYc](http://www.youtube.com/watch?v=XiCrniLQGYc)

**Living with a black dog** – A YouTube video advises those living with and caring for people with depression on what to do, what not to do, and where to go for help.

[www.youtube.com/watch?v=2VRRx7Mtep8](http://www.youtube.com/watch?v=2VRRx7Mtep8)

**The Recovery Letters** publishes letters from people who have been through depression. The letters are addressed to those who are experiencing depression to give hope that they can live alongside or after any type of depression.

[www.therecoveryletters.com](http://www.therecoveryletters.com)

**Self-help and coping with depression** – A YouTube video of young people talking about how they help themselves to overcome feelings of low mood.

[www.youtube.com/watch?v=sh5o\\_STNBOE](http://www.youtube.com/watch?v=sh5o_STNBOE)

**Help with depression** – Resources for people wishing to find out more about depression.

[www.exeter.ac.uk/mooddisorders/helpwithdepression](http://www.exeter.ac.uk/mooddisorders/helpwithdepression)

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