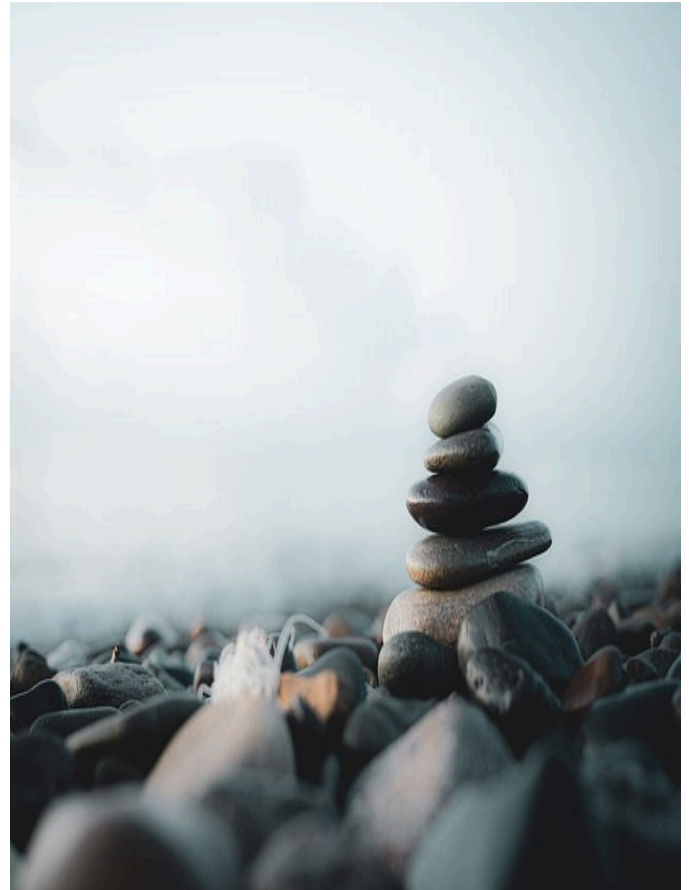


# Anxiety and Depression Resource Guide

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*Living with depression or anxiety can cast a shadow over your daily life. We created this guide as a resource for coping.*

*If you are interested in learning about mental health services at Wildflower, please visit our website at [www.wildflowerllc.com](http://www.wildflowerllc.com) or call us at 312.809.0298*

*We hope the resources compiled in this guide will help you better understand and cope with your experiences of anxiety and depression.*



## Organizations and Websites

- **Centre for Clinical Interventions**  
Centre for Clinical Interventions offers information sheets and self-guided worksheets for [anxiety](#) ([linked here](#)) and [depression](#) ([linked here](#)).
- **Center for Mindful Self-Compassion**  
The [Center for Mindfulness and Self-Compassion](#) is dedicated to alleviating human suffering and enhancing the well-being of our planet through the practice of self-compassion. They offer a variety of resources and training for anyone interested in learning and practicing self-compassion. One of the co-founders of CMSC, [Kristen Neff, PhD](#), is a pioneer in self-compassion research and has been recognized as one of the most influential researchers in psychology worldwide.
- **Cereal for Dinner**  
Per their [website](#): Cereal for dinner is “a collection of practical, realistic resources for living with clinical depression, created by people living with depression, for people living with depression.” Their website includes everything from simple recipes to coping skills!

- **Child Mind Institute**  
An organization centered around helping children and their families cope with mental health and learning disorders. Their website offers in depth info and resources on how these mental health issues impact children and teens. Resources for anxiety are linked [here](#) and resources for depression are linked [here](#).
- **To Write Love On Her Arms**  
TWLOHR is a blog with stories from real people struggling with depression, suicidality, and other mental health concerns. ([Linked here](#))

## Podcasts

- **Being Well with Forrest Hanson and Dr. Rick Hanson**  
Forrest Hanson, clinical psychologist Dr. Rick Hanson, and various guest experts explore the practical science of achieving long-lasting well-being. Their podcast aims to provide valuable insights from the fields of psychology, science, and contemplative practice to help you build inner strengths, overcome challenges, and live your best life. The following are among many episodes that touch on anxiety and depression:
  - “How to Understand Anxiety and See Threats Clearly” ([Linked here](#))
  - “Mindfulness for Depression, Pain, and Suffering with Dr. Danny Penman” ([Linked here](#))
- **Black Girls have Anxiety Too**  
[Linked here.](#)
- **The Happiness Lab**  
“Yale professor Dr. Laurie Santos has studied the science of happiness and found that many of us do the exact opposite of what will truly make our lives better. Based on the psychology course she teaches at Yale ... The Happiness Lab with Dr. Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will change the way you think about happiness.” Episodes to the podcast are linked [here](#).
- **The Hilarious World of Depression**  
“A series of frank, moving, and, yes, funny conversations with top comedians who have dealt with [depression] ... it is a chance to gain some insight, have a few laughs, and realize that people with depression are not alone and that together, we can all feel a bit better.” Episodes to the podcast are linked [here](#).
- **My Therapist is Out!**  
[Linked here.](#)
- **Psychologists off the Clock**  
[Unwinding Anxiety with Judson Brewer, MD, PhD](#)

- **Therapy for Black Girls**  
A weekly podcast from Dr. Joy Harden Bradford which covers a wide variety of mental health issues. Per her website, “her work focuses on making mental health topics more relevant and accessible for Black women and she delights in using pop culture to illustrate psychological concepts.”  
[Linked here.](#)
- **Town Hall: A Black Queer Podcast with Bob the Drag Queen & Peppermint**  
Episode discussing anxiety, depression, and other mental health issues linked [here.](#)

## Books

- **Depression and other Magic Tricks by Sabrina Benaim**  
A book of poetry from performance poet Sabrina Benaim. Check out her performance of “Explaining My Depression to My Mother” [here.](#)
- **In It Together: Navigating Depression with Partners, Friends, and Family by JoEllen Notte**  
A guide for dealing with depression, focusing on how to involve our loved ones and support system.
- **The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living by Kirk D. Strosahl, PhD and Patricia J. Robinson, PhD**  
An ACT-based self-guided workbook for overcoming depression written by one of the co-founders of ACT.
- **The Monster Under the Bed: Sex, Depression, and the Conversations We Aren’t Having by JoEllen Notte**  
This book directly addresses the impact depression has on our sex lives and provides a guide for dealing with it.
- **The Upward Spiral: Using Neuroscience to Reverse the Course of Depression. One Small Change at a Time by Alex Korb, PhD**  
“Based on the latest research in neuroscience, this book provides dozens of straightforward tips you can do every day to rewire your brain and create an upward spiral towards a happier, healthier life.”

## Videos

- **Dr. Tracey Marks**  
Dr. Marks is a seasoned psychiatrist with over two decades of experience in her field. Her website and Youtube channel offer a wealth of educational content, including her two series, “All Things Anxiety” ([linked here](#)) and “All Things Depression” ([linked here](#)).

## Apps

- **Daylio**

A virtual self-care bullet journal, mood diary, and happiness tracker. Daylio also crunches the data you put in to provide statistics on how different activities are influencing your mood.

[Download it here.](#)

- **TalkLife**

A peer support network for mental health concerns. TalkLife provides a space to connect with other people struggling with the same things.

[Download it here.](#)

- **The Village!**

A meditation app for the Black community from liberatevillage.com.

[Download it here.](#)