

## **What is the Depression Center Toolkit?**

The Depression Center Toolkit is an online resource from the Depression Center that provides information, tools, and support to guide you through your mental health journey. The Toolkit includes self-assessments, an explanation of available treatment options, tips for coping with a mental illness, and a list of ways to support others and raise awareness.

## **Who is the Toolkit for?**

The Toolkit offers important resources to people who are experiencing problems with mood, problems with stress/anxiety, those who have been recently diagnosed with depression or bipolar disorder, and those receiving treatment for mood disorders. The Toolkit also offers help to family members and caregivers of those who suffer from mood disorders, and all people who wish to understand depression and bipolar disorder.

## **How was the Toolkit created?**

We created the Toolkit with help from mental health experts, patients, family members, and the public.

## **How do I access the Toolkit?**

Visit <http://www.depressioncenter.org/toolkit>. All of the information and resources on the Toolkit site are free and open to the public.

## **How is the Toolkit organized?**

The Toolkit is organized into 5 major sections. Continue reading for an explanation of the information and resources each section includes, as well as a detailed sitemap of the website.

### **Section 1: I'm not feeling well**

We all have good days and bad days. If you are feeling emotionally unwell, support and resources are available to help you get well. This section of the Toolkit includes:

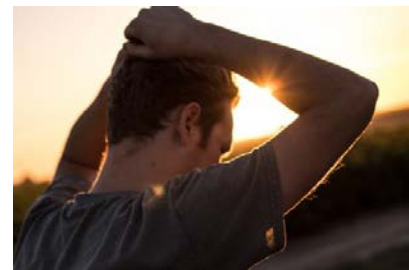
- Information about depression and related disorders.
- Treatment options to help you feel better.



### **Section 2: I want to stay mentally healthy**

The steps you take and the decisions you make in your daily life related to your nutrition, sleep, exercise, relationships, etc. will help determine how well you respond to treatment and maintain your mental health. This section of the Toolkit includes:

- Tips for adopting a healthy lifestyle.
- Strategies for sticking with your treatment plan, managing your mood, and staying healthy.
- Advice for coping at work.



### **Section 3: I want to support someone**

Receiving support and encouragement from someone else can change how individuals approach and manage their depression. It can play an important role in their recovery. However, caring for someone with depression is challenging. It may be hard to know what to do or how to help. This section of the Toolkit includes:

- Tips on how to support someone you know.
- Tips on how to support yourself in the process.
- Strategies to support someone in a crisis.
- Advice on how to support a suicide loss survivor.



#### **Section 4: I want to be a mental health advocate**

You can make a difference and improve the lives of people living with a mental illness by using your voice to fight stigma, raise awareness, and support others. This section of the Toolkit includes:

- Information on raising awareness and fighting stigma.
- Information on participating in mental health research.



#### **Section 5: I'm looking for more resources**

The more you know, the more you can do to overcome a mental illness. This section of the Toolkit includes:

- Information about current University of Michigan Depression Center programs and partners.
- Links to websites with additional information about mental health.
- A list of resources and books that Michigan Medicine faculty and staff have developed or written to help patients, friends, and family.
- Self-assessment tools, printable fact sheets, and charts to learn more and track your treatment progress.



## **What are some of the tools and resources found in the Toolkit?**

**Quick Self-Assessments** can help you determine if you could be at risk for depression, an anxiety disorder, insomnia and other sleep issues, or substance abuse.

**Preparing for Your Appointment** prepares you for what to expect at your first appointment with your doctors and how to get the most out of your visit.

**Goal-Setting Worksheet** provides suggestions on how to set achievable goals and create specific strategies for reaching them.

**Participating in Research Worksheet** provides a guide for questions to ask a research study team to help you determine if participating in a study is right for you.

**Journaling Tool** provides a way to understand emotions, manage stress, and help track improvements or setbacks between treatment visits that you can share with your doctor.

## Depression Center Toolkit Site Map

On page 6 is the sitemap. It represents the structure of the Depression Center Toolkit website so you can find the resources you need more easily. The map starts with the **homepage** (front page) of the website and moves to each of the **subpages** (large square buttons in **Figure 1**) located on the homepage.

1. To find a specific topic, look at the sitemap on page 6 and determine which subpage it is on.
2. Click a button to visit a subpage.
3. Select a topic from the vertical menu on the left side of the website.

**Example:** If you want to find a depression fact sheet, the map indicates that you should click “I’m looking for more resources” and then click “Fact sheets, tools, and checklists” on the left side of the website.

**Note:** You may also search for a specific topic using the search bar on the top right side of the website.

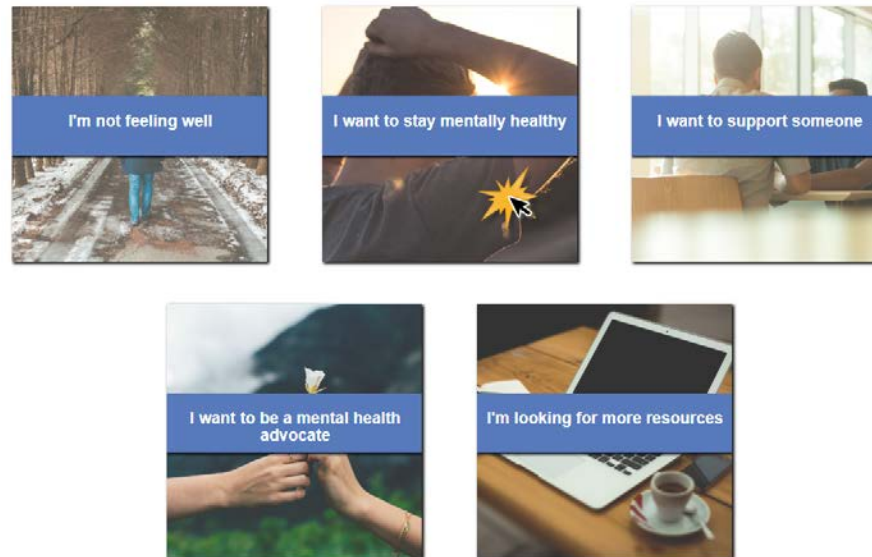


Figure 1

# Homepage

## I'm not feeling well

--Learn about it

- Learn about depression
  - Depression and other medical conditions
  - Who does depression impact?
- Learn about anxiety disorders
- Learn about bipolar disorder
  - Bipolar disorder across the lifespan
- Learn about substance abuse and addiction
- Suicide and self-harm

--Know your treatment options

- Psychotherapy
  - Getting the most from your medication
- Medication
  - Getting the most from your medication
- Brain stimulation
- Prepare for your appointments
- Types of mental health professionals

## I want to stay mentally healthy

- Empower yourself
- Sticking with your treatment plan
- Preventing relapse and managing setbacks
- Goal setting
- Lifestyle strategies and stress management
- Self-help strategies and complementary therapies
- eHealth
- Talking about your condition
- Support systems
- Coping at work

## I want to support someone

- Supporting others
- Supporting others in a crisis
- Support for suicide loss survivors

## I want to be a mental health advocate

- Fight stigma and support mental health
- Participation in mental health research

## I'm looking for more resources

- Self-assessment tools
- Fact sheets, tools and checklists
- Depression Center programs and partners
- Helpful mental health resources

**For more information:**

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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.

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