

Location

Timberwolf Learning Commons
Wausau Campus, C178

Contact Us

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Email: library@ntc.edu
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SUGGESTED TERMS

Keywords

DSM-5
Dysthymia
Genetics & depression
Major depressive disorder
Major depressive episode
Mental health
Mood disorders
Social stigma & depression

Treatment

Anti-depressants

Cognitive behavioral therapy (CBT)
Counseling
Interpersonal therapy
Mood stabilizers

Symptoms

Agitation
Hopelessness
Hypersomnia
Insomnia
Lethargy
Loss of appetite

Low self-esteem
Self-harm
Suicidal thoughts

Comorbidities

Adjustment disorder
Anxiety disorder
PTSD
Cardiovascular disease
Personality disorders
Substance use disorder

STREAMING VIDEOS

Click on titles



Managing Depression (series)



[Dark Days: Shedding Light on Depression](#)

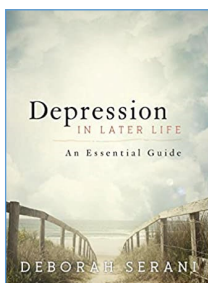


Managing Depression in the Workplace

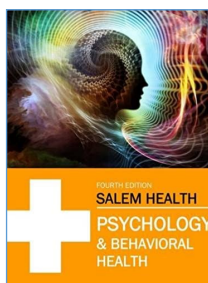


A Cage and Freezing Water

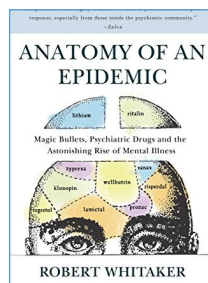
BOOKS (LIBRARY 2ND FLOOR)



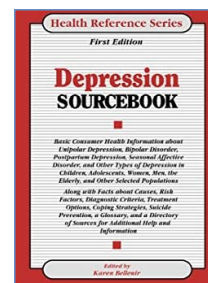
618.97 Se65d



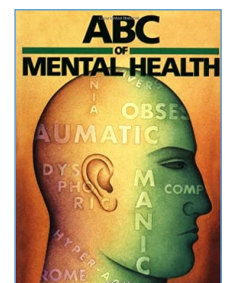
REF 150.3 Sa32p



616.89 W58a



616.8527 D442



616.89 A1

CURRENT ISSUES & EVENTS

[Humans 'are not meant to be alone'](#)

May 26, 2020

USA Today

[Students discuss what has been different since the pandemic hit and schools closed their doors](#)

March 31, 2020

Wall Street Journal

[Coronavirus fears can take a toll on our mental health: There are methods to cope with stress of pandemic](#)

March 16, 2020

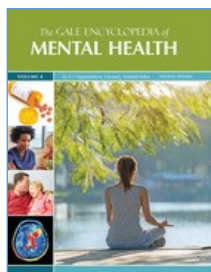
Detroit Free Press

['You have this burden that you carry': For farmers struggling to hold on, depression can take hold](#)

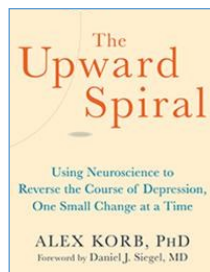
January 2, 2020

Wausau Daily Herald

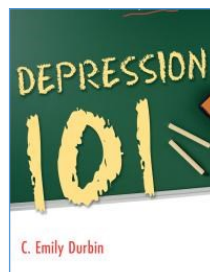
E-BOOKS [Click on titles](#)



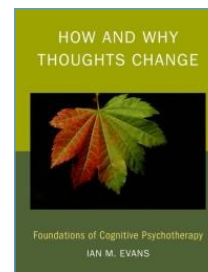
The Gale
Encyclopedia of
Mental Health



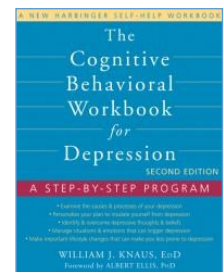
The Upward Spiral



Depression 101

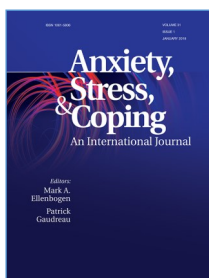


How and Why
Thoughts Change

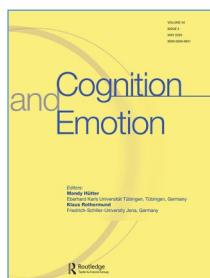


The Cognitive
Behavioral
Workbook for
Depression

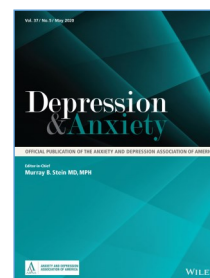
ACADEMIC JOURNALS [Click on titles](#)



Anxiety, Stress &
Coping



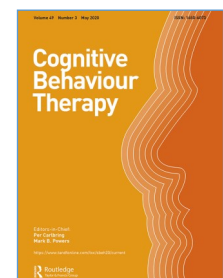
Cognition and
Emotion



Depression and
Anxiety



Journal of Mental
Health



Cognitive
Behavioral Therapy

ACADEMIC JOURNAL ARTICLES

[Click on titles](#)

[Effect of Three Types of Activities on Improving Mood and Enjoyment in a Brief Online Depression Study from Depression Research & Treatment \(2020\)](#)

[Guided internet CBT versus "gold standard" depression treatments: An individual patient analysis from the Journal of Clinical Psychology \(2019\)](#)

[Passive Social Networking Site Use and Well-Being: The Mediating Roles of Social Comparison and the Fear of Missing Out from Cyberpsychology \(2019\)](#)

[Self-stigma by people diagnosed with schizophrenia, depression and anxiety: Cross-sectional survey design from Perspectives in Psychiatric Care \(2018\)](#)

ADVOCACY & EDUCATION RESOURCES

Local

[211 Wisconsin](#)

[Mental Health American of Wisconsin](#)

[North Central Health Care](#)

[NTC Counseling Resources](#)

National

[Anxiety and Depression Association of America](#)

[Crisis Text Line | text HOME to 741741](#)

[Mental Health America—Depression Information and Resources](#)

[National Alliance on Mental Health](#)

[National Suicide Prevention Lifeline | 1-800-273-TALK \(1-800-273-8255\) | \[Chat Program\]\(#\)](#)

[The Trevor Project | Specializing in supporting the LGBTQI+ community | Call 866-488-7386 or Text "START" to 678678 | \[TrevorChat\]\(#\)](#)
[Project Hope & Beyond](#)

[Veterans Crisis Line | 1-800-273-8255, option 1 | \[Crisis Chat\]\(#\) | text 838255](#)

