



"Like the butterfly, I have the strength and hope to believe, in time I will emerge from my cocoon transformed."  
 ~ Kirsti A. Dyer



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Depression	Format	Call Number	ISBN	Author
Depression: A Guide for the Newly Diagnosed	Book	616.8527 COL	9781608821969	Coleman, Lee
Depression: A Guide for the Newly Diagnosed	E- Book	E-BOOK	9781608821983	Coleman, Lee
Depression: A Teen's Guide to Survive and Thrive	Book	YA 616.8527 TON	9781433822742	Toner & Freeland
F**K Depression	Book	616.8527 DUF	9781530039104	Duff, Robert
Mind Over Mood 2nd Ed: Change How You Feel by Changing the Way You Think	Book	616.89142 GRE	9781462520428	Greenberger & Padesky
Mind Over Mood 2nd Ed: Change How You Feel by Changing the Way You Think	E- Book	E-BOOK	9781462522934	Greenberger & Padesky
Mindfulness for Teen Depression: A Workbook for Improving Your Mood	Book	YA 616.852706 ABB	9781626253827	Abblett & Willard
Mindfulness for Teen Depression: A Workbook for Improving Your Mood	E- Book	E-BOOK	9781626253827	Abblett & Willard
Overcoming Postpartum Depression and Anxiety	Book	618.76 SEB	9781943886005	Sebastian, Linda
Overcoming Postpartum Depression and Anxiety	E- Book	E-BOOK	9781943886432	Sebastian, Linda
Pulling the Trigger: Postpartum Depression and Anxiety	Book	618.76 WAT	9781911246329	Watson & Whitehead
Pulling the Trigger: Postpartum Depression and Anxiety	E- Book	E-BOOK	9781911246336	Watson & Whitehead
The 10 Best-Ever Depression Management Techniques	Book	616.8527 WEH	9780393706291	Wehrenberg, Margaret
The Anti-Depressant Book: A Practical Guide for Teens and Young Adults	Book	618.928527 TOW	9780692641545	Towery, Jacob
The Cognitive Behavioral Workbook for Depression	Book	616.8527 KNA	9781608823802	Knaus & Ellis
The Mindfulness & Acceptance Workbook for Depression	E- Book	E-BOOK	9781626258471	Strosahl & Robinson
The Mindfulness & Acceptance Workbook for Depression	Book	616.8527 STR	9781626258457	Strosahl & Robinson
The No-Bullshit Guide to Depression	Book	616.8527 SKO	9780998280400	Skoczen, Steven
The Upward Spiral	Book	616.8527 KOR	9781626251205	Korb & Siegel
The Upward Spiral	E- Book	E-BOOK	9781626251229	Korb & Siegel
Uncovering Happiness: Overcoming Depression with Mindfulness and Self-compassion	Book	616.8527 GOL	9781451690552	Goldstein, Elisha
Uncovering Happiness: Overcoming Depression with Mindfulness and Self-compassion	E- Book	E-BOOK	9781451690569	Goldstein, Elisha
Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger	Book	616.8521 HAR	9781621063049	Harper, Faith
Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger	E- Book	E-BOOK	9781621060406	Harper, Faith
When Someone You Know has Depression: Words to Say and Things to Do	Book	616.8527 NOO	9781421420158	Noonan, Susan
When Someone You Know has Depression: Words to Say and Things to Do	E- Book	E-BOOK	9781421420165	Noonan, Susan