

## **Apps for Depression**

Moodpath  
TalkLife  
Daylio-Mood Tracker  
Depression CBT  
What's Up?  
Pacifica  
Happify  
Headspace

## **Adult Book Resources**

Battlefield of the Mind: Winning the Battle in Your Mind - Joyce Meyer

How To Be Happy In An Unhappy World - Marie Chapien

Depression: The Way Up When You Are Down - Edward T. Welch

When The Darkness Will Not Lift: Doing What We Can While We Wait For God—And Joy - John Piper

Spirit Controlled Temperament - Tim LaHaye

Good Mood. Bad Mood: Help and Hope for Depression and Bipolar Disorder - Charles D. Hodges

## **Adolescent Book Resources**

Stepping Up: Finding Healing for Your Life and Hope For the Future - Donalyn Powell

Is Your Teen Stressed or Depressed? A Practical and Inspirational Guide for Parents of Hurting Teenagers - Dr. Archibald D. Hart, Dr. Catherine Hart Weber

A Restless Hope: Surviving the Storm of Teen Depression - Gary E. Nelson

How to Really Love Your Teen - Ross Campbell