

### Location

Timberwolf Learning Commons  
Wausau Campus, C178

### Contact Us

Website: <http://www.ntc.edu/library>  
Email: [library@ntc.edu](mailto:library@ntc.edu)  
Phone: (715) 803-1115

## 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](#)

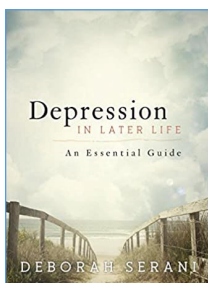


Managing Depression in the Workplace

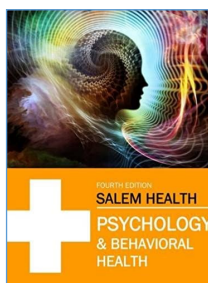


A Cage and Freezing Water

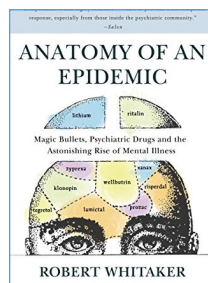
## BOOKS (LIBRARY 1ST FLOOR)



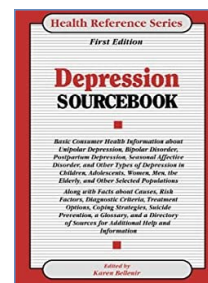
618.97 Se65d



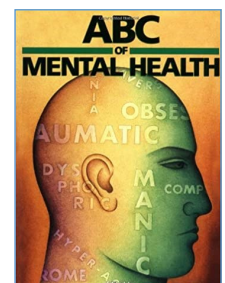
REF 150.3 Sa32p



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

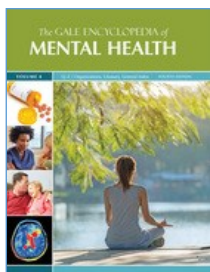
Detroit Free Press

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

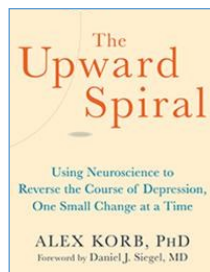
January 2, 2020

Wausau Daily Herald

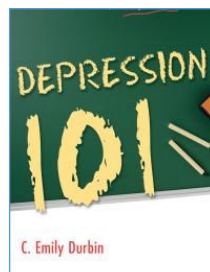
## E-BOOKS [Click on titles](#)



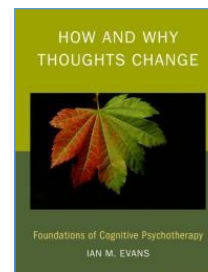
The Gale  
Encyclopedia of  
Mental Health



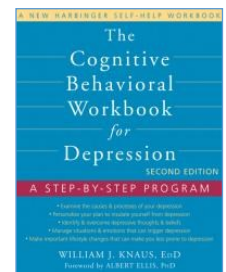
The Upward Spiral



Depression 101

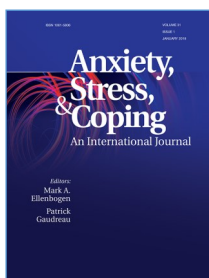


How and Why  
Thoughts Change

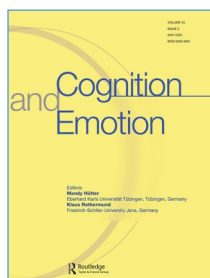


The Cognitive  
Behavioral  
Workbook for  
Depression

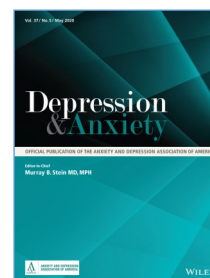
## ACADEMIC JOURNALS [Click on titles](#)



Anxiety, Stress &  
Coping



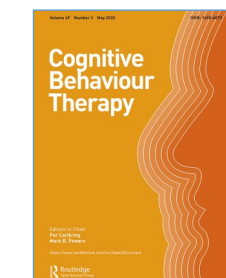
Cognition and  
Emotion



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](#)

