

DEPRESSION SELF-HELP RESOURCES

ONLINE PROGRAMS

[WellTrack](#)

[Wellness Together Canada](#)

[BounceBack](#)

[iFightDepression](#)

[moodgym](#)

[AbilitiCBT](#)

PHONE APPS

[MoodTools](#)

[Sanvello](#)

[Mood Mission](#)

[Healthy Minds](#)

[CBT Thought Diary](#)

[What's Up?](#)

[TalkLife: Mental Health Peer Support Network](#)

WORKBOOKS AND WORKSHEETS

[Improving Your Mood](#) (Free)

[Depression Information Sheets and Workbook](#) (Free)

[Depression Self Help](#) (Free)

[The Cognitive Behavioral Workbook for Depression](#)

[Mind Over Mood](#)

[Mindfulness and Acceptance Workbook for Depression](#)

[The Mindful Way](#)

INFORMATION AND OTHER RESOURCES

[Bridge the gap](#)

[Wellness Together Canada](#)

[HelpGuide](#)

[Depression Hurts](#)

[Depression and Bipolar Support Alliance](#)

[Togetherall Online Community Support](#)