Videos

Johann Hari: This could be why you’re depressed or anxious

<https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious?language=en>

### Nikki Webber Allen: Don’t suffer from your depression in silence <https://www.ted.com/talks/nikki_webber_allen_don_t_suffer_from_your_depression_in_silence>

### Kevin Breel: Confessions of a depressed comic <https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic>

### Bill Bernat: How to connect with depressed friends <https://www.ted.com/talks/bill_bernat_how_to_connect_with_depressed_friends>

Andrew Solomon Depression: The Secret We Share

<https://www.ted.com/talks/andrew_solomon_depression_the_secret_we_share>

Ruby Wax: What’s so funny about mental illness?

<https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness?language=en>

Signs Of High Functioning Depression You Shouldn't Ignore | BetterHelp

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Can a Depressed Person Have Good Days? - Atypical Depression

<https://www.youtube.com/watch?v=4bH8E3Wf-WA>

Depression is an Illness, Not a Weakness

<https://www.youtube.com/watch?v=vYR9JPztdn4>

The 6 Signs of High Functioning Depression | Kati Morton

<https://www.youtube.com/watch?v=EUJ4j6_ypE>0

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The Hilarious World of Depression – John Moe

<https://www.hilariousworld.org/>

The Mental Illness Happy Hour

<https://mentalpod.com/>

Bryony Gordon’s Mad World

<https://art19.com/shows/mad-world/>

Mental: The Podcast Destigmatise Mental Health

<https://www.mentalpodcast.co.uk/>

Terrible, thanks for asking

<https://podcasts.apple.com/gb/podcast/terrible-thanks-for-asking/id1126119288?mt=2>

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<https://www.joelkutz.com/darkplace>

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*This is Depression*. Dr. Diane McIntosh. (2019)

*Feeling Great: The Revolutionary New Treatment for Depression and Anxiety.*

David D. Burns (2020)

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*Learned Optimism: How to Change Your Mind and Your Life*. Martin Seligman. (2006)

*I Don’t Want to Talk About It: Overcoming the Secret Legacy of Male Depression.* Terrence Real. (1999)

*Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change*. Alex Korb. (2015)

*Reasons to Stay Alive*. Matt Haig. (2016)

*An Unquiet Mind: A Memoir of Moods and Madness.* [Kay Redfield Jamison](https://www.amazon.com/Kay-Redfield-Jamison/e/B000AQ1IC8/ref%3Ddp_byline_cont_book_1) (1995)

*This Close to Happy: A Reckoning with Depression.* Daphne Merkin*.* (2017)

*Learned Hopefulness: The Power of Positivity to Overcome Depression*. Dan Tomasulo.

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*Unlearning Anxiety & Depression: The 4-Step Self-Coaching Program to Reclaim Your Life*. Joseph J. Luciani. (2020)

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*Hello I Want to Die Please Fix Me: Depression in the First Person*. Anna Mehler Paperny (2020)

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# Why Some People Are More Prone to Depression Than Others

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# Why Self-Acceptance Is Crucial When You’re Fighting Depression

# <https://drmargaretrutherford.com/how-to-build-self-acceptance-when-youre-fighting-depression/>

The Pandemic Brought Depression and Anxiety. Reaching Out Helped.

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# 7 Facts You Should Know About Depression

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# What does depression feel like? Trust me – you really don’t want to know

<https://www.theguardian.com/commentisfree/2016/apr/19/depression-awareness-mental-illness-feel-like>

# We’ve Got Depression All Wrong. It’s Trying to Save Us

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# Four Types of Depression**:** On situational, biological, psychological, and existential depression

<https://www.psychologytoday.com/us/blog/the-cube/202004/four-types-depression>

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<https://www.verywellmind.com/tips-for-living-with-depression-1066834>

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