

Depression Awareness Month Resources

MySupport – Resources for Depression Awareness Month

Who Can Help?

The university recognizes that employees and family members may be impacted by depression especially during this global pandemic. MySupport counselors are available to faculty, staff, and their household family members at 443-997-7000, option #2, 24/7/365 to assist with emotional support and daily life assistance.

- **Articles, Videos, and Resources on Depression.** Look out for additional resources all this month
[Resources for Living](#) Username: JHHS Password: JHHS
 - [Mental Health Awareness Guidebook](#)
 - [Understanding Depression](#)
 - [Mental Health 101](#)
 - [Turning Stigma Into Support](#)
 - [Infographic: Know the Signs](#)
 - [Infographic: Talking to Someone who is Depressed](#)

- **Online Depression Screening:**
 - Depression is more than feeling sad or blue. Real depression gets in the way of you being you. It can stem from family history, a life event, a health condition....or no reason you can understand. Whatever the cause, depression is treatable. And you've got support along your journey.
 - If you are ready to check in on how you are feeling, try the depression check. It's just 10 simple questions to help tune in to your feelings. Click [here](#) to take the assessment.
 - Following the assessment, contact mySupport to connect with an on-site clinician by calling 443-997-7000, option #2 or scheduling [here](#).

- **myStrength** account for tracking mood: MyStrength is a behavioral platform that provides self-care resources to manage and overcome challenges with depression, anxiety, stress, balancing intense emotions, and COVID-19
 - Create a myStrength account at mystrength.com using access code JHHS
 - Download the myStrength app from Apple App store [Link: <https://apps.apple.com/us/app/mystrength/id1446491603>] or Google Play [<https://apps.apple.com/us/app/mystrength/id1446491603>]
 - Log-in with the email you used to create the account

How can I get emotional support for myself or a family member immediately?

To receive emotional support in the moment, call 443-997-7000, press option #2. You will be connected to a clinician in the moment, who will provide free, confidential, emotional support, and can help you to identify resources and next steps.

What if I am a manager concerned about a member of my team or my whole team ?

Click [here](#) for more information on consulting with a mySupport OnSite clinician, referring employees to mySupport directly, making a referral, informal referrals, and crisis response services.