



University of Michigan Depression Center Toolkit

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MICHIGAN MEDICINE

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What is the Depression Center Toolkit?

DEPRESSION CENTER **TOOLKIT**



The Toolkit's multiple target audiences

- People who think they might be suffering from depression or a related condition
- People who have just been diagnosed
- People who would like more tools for recovery or preventing recurrence
- Family, friends, and caregivers of someone with depression or a related condition



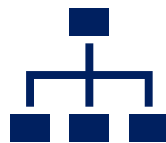
The Toolkit's user base

- Average of 250,000 unique visitors per year
- Popularity steadily increased over the past 5 years
- Over a third of visitors between 18-24 years old
- Visitors from over 200 countries



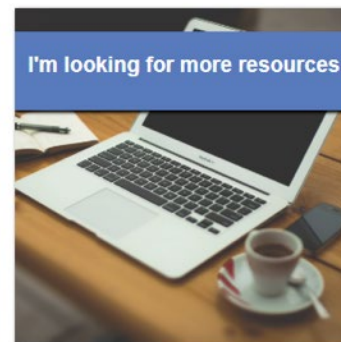
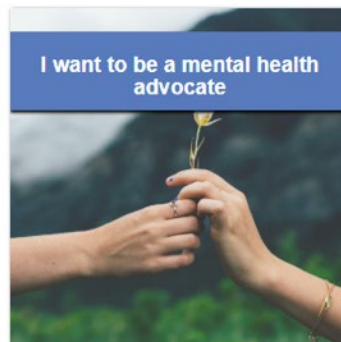
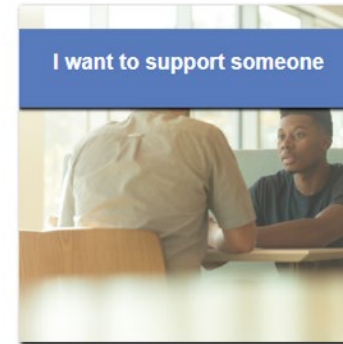
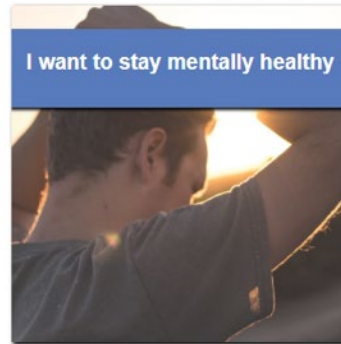
What are some of the Toolkit's new features?

- Organization into five major sections or “entry points”
- Responsive web design and streamlined layout/navigation
- Interactive PHQ-9 assessment tool with immediate feedback
- Adherence to Federal Plain Language Guidelines
- New content, including eHealth and medication adherence
- Prominent as main tab on Depression Center website



Everyone deserves to be mentally well.

Get the resources, tools, and information you need to manage your mental health.



- I'm not feeling well

-- Learn about it

-- Know your treatment options

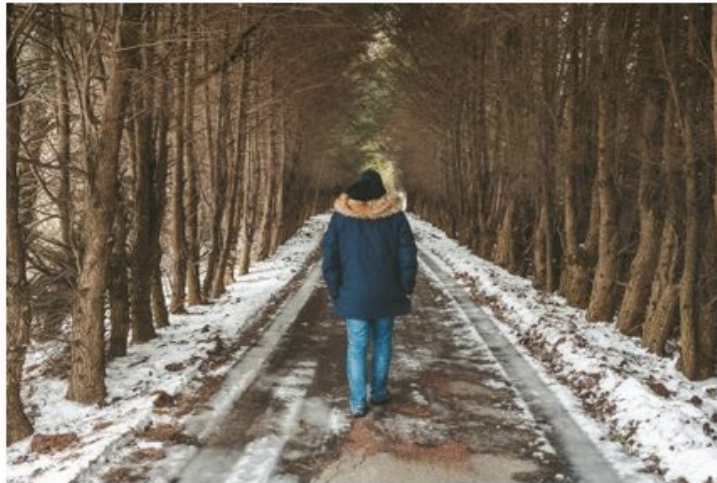
- I want to stay mentally healthy

- I want to support someone

- I want to be a mental health advocate

- I'm looking for more resources

I'm not feeling well



We all have good days and bad days. If you are feeling emotionally unwell, support and resources are available to help you get well. This section of the Toolkit includes:

- Information about depression and related disorders.
- Treatment options to help you feel better.
- [Take a depression self-assessment test now](#)

Note: If you need help immediately, call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255) to be connected with a trained counselor at a crisis center in the U.S. They are there for you 24/7/365.

PHQ-9

Patient Health Questionnaire (PHQ-9)

This is a 9-question tool that can help you begin to explore whether the feelings, thoughts or behaviors you may be experiencing could be depression. It can also help you monitor the severity of your depression and your response to treatment. Your responses to this tool will help us provide you with a score. Scores on this tool range from 0-27. Based on this score, we can tell you whether you fall into the low (5-9), medium (10-14) or high (15-27) depression severity range and provide you with some recommendations for next steps. Regardless of your score, talk to your doctor if you believe you may be suffering from symptoms of depression.

Please note that we track how many assessments are taken, but we don't collect scoring or personal information of any kind.

Over the last two weeks, how often have you been bothered by any of the following problems?

(1/9)

Little interest or pleasure in doing things?

choose...

1

2 ⇌

Use this tool as a guide only and remember that this is not a diagnosis. Your results from these tools should not be used in place of a doctor's evaluation.

Your Score:

14

Print Results

Email Results

What does this score mean?

Your score falls into the moderate range, which means you may be experiencing mild depression. We recommend that you see a doctor or mental health clinician for a professional assessment. Seeking help early may help to reduce the intensity and duration of your depression symptoms. You can find some useful resources and information under the "I'm not feeling well and want more information" section of the Toolkit.

- I'm not feeling well

- I want to stay mentally healthy

-- Empower Yourself

-- Sticking with your treatment plan

-- Preventing relapse and managing setbacks

-- Goal-setting

-- Lifestyle strategies and stress management

-- Self-help strategies and complementary therapies

-- eHealth

-- Talking about your condition

-- Support systems

-- Coping at Work

- I want to support someone

I want to stay mentally healthy



The steps you take and the decisions you make in your daily life related to your nutrition, sleep, exercise, relationships, etc. will help determine how well you respond to treatment and maintain your mental health. This section of the Toolkit includes:



- Tips for adopting a healthy lifestyle.
- Strategies for sticking with your treatment plan, managing your mood, and staying healthy.
- Advice for coping at work.

Talking about your condition

When is it a good idea to talk to someone about your illness? How do you begin the conversation?

A few important questions to ask yourself:

- Who, if anyone, needs to know your story?
- When is it a good idea to reveal details about your situation? When does it make sense to keep information to yourself?
- What would leave you feeling relieved to share with another person?
- How much information is too much to share? Is there anything you know you don't want to share?
- How do you go about telling someone your story?

There are no easy or “right” answers to these questions. Each situation may require a different strategy. The information that follows aims to help you give careful and thoughtful consideration to when and how you might discuss your illness with someone. You can also complete the [Evaluating When to Discuss Your Illness with Others Tool](#)  .

Talking with your healthcare provider

When it comes to discussing your illness with a healthcare provider, the issue is not whether to share, but how to share effectively. It is important that your provider understand exactly what you are experiencing. Your goal should be to share honestly and clearly each time you meet with them. Learn about how to come prepared to your appointments [here](#).

- I'm not feeling well

- I want to stay mentally healthy

- I want to support someone

-- Supporting others

-- Supporting someone in a crisis

-- Support for suicide loss survivors

- I want to be a mental health advocate

- I'm looking for more resources

I want to support someone



Receiving support and encouragement from someone else can change how individuals approach and manage their depression. It can play an important role in their recovery. However, caring for someone with depression is challenging. It may be hard to know what to do or how to help. This section of the Toolkit includes:

- Tips on how to support someone you know.
- Tips on how to support yourself in the process.
- Strategies to support someone in a crisis.
- Advice on how to support a suicide loss survivor.

- I'm not feeling well

- I want to stay mentally healthy

- I want to support someone

- I want to be a mental health advocate

-- Fight stigma and support mental health

-- Participation in mental health research

- I'm looking for more resources

I want to be a mental health advocate



You can make a difference and improve the lives of people living with a mental illness by using your voice to fight stigma, raise awareness, and support others. This section of the Toolkit includes:

- Information on raising awareness and fighting stigma.
- Information on participating in mental health research.

- I'm not feeling well

- I want to stay mentally healthy

- I want to support someone

- I want to be a mental health advocate

- I'm looking for more resources

-- Self-assessment tools

-- Fact sheets, tools and checklists

-- Depression Center programs and partners

-- Helpful mental health resources

I'm looking for more resources



The more you know, the more you can do to overcome a mental illness. This section of the Toolkit includes:

- Information about current University of Michigan Depression Center programs and partners.
- Links to websites with additional information about mental health.
- A list of resources and books that Michigan Medicine faculty and staff have developed or written to help patients, friends, and family.
- Self-assessment tools, printable fact sheets, and charts to learn more and track your treatment progress.

Toolkit Handouts

Fact sheets, tools and checklists

You can download or print these fact sheets and tools so you have them available to you at any time. Use the tools on your own, or bring them to your next appointment so you can go over them with your doctor.

- ✦ Site Overview
- ✦ Getting started
- ✦ Communicating with others
- ✦ Mental Health Conditions
- ✦ Medication
- ✦ Psychotherapy
- ✦ Physical activity
- ✦ Nutrition
- ✦ Sleep
- ✦ Goal setting
- ✦ Self-help, managing stress, and support
- ✦ Coping at work
- ✦ Clinical research



This tool is intended to help you think about when, how and with whom you might wish to discuss your illness. When it comes to sharing about depression, there are no right or wrong approaches. But taking time to consider the benefits and costs that might come with sharing can help you feel more confident about your decisions.

When you are considering whether or not to talk to a family member, friend or coworker about your depression, use the space below to list the benefits and costs ("pros" and "cons") of sharing. Make a separate list for each person you are thinking about. Remember that no issue is too small to put on your list – if it's important to you, it belongs on the list.

Once you've completed your list, you may find it helpful to rank your statements in order of importance by placing a number (#1 being most important) next to each.

I am considering sharing details about my depression with _____.
If I choose to share, I may face the following positive benefits and/or negative consequences:

Rank	Possible benefit of sharing (+)	Rank	Possible cost of sharing (-)

Why is the Toolkit worth recommending?

- Patients who use educational resources more likely to follow physician instructions, adhere to medication regimens, and make necessary lifestyle changes
- Incorporates feedback from patients, family members, and experts
- Logically organized
- Written in plain language
- Incorporates evidence-based information
- Includes action-oriented materials and tools
- Available to the public for free

Disseminating the Toolkit (executed or planned methods)

- Michigan Medicine
 - Handouts included in EHR system
 - Depression Education Resource Center
 - Public education and outreach events
 - Support group workbooks
 - Grand Rounds
- Topic in upcoming e-Health CME course
- Psychiatric Times magazine article for clinicians
- FY20 MIP Admin Project

Everyone deserves
to be **mentally well.**



We can help.

DEPRESSION CENTER
TOOLKIT



CHECKLISTS
AND SELF-
ASSESSMENTS



CARE AND
TREATMENT
OPTIONS



SELF-CARE
TIPS AND
WORKSHEETS



WAYS TO
SUPPORT
SOMEONE



HOW TO
TALK ABOUT
DEPRESSION



IDEAS FOR
RAISING
AWARENESS



Your go-to place for
mental health resources and tools
to support yourself and help others:

depressioncenter.org/toolkit

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Toolkit Marketing Materials

DEPRESSION CENTER
TOOLKIT



Everyone deserves to be mentally well.

Visit the Depression Center Toolkit
for mental health resources and tools
to support yourself and help others.



depressioncenter.org/toolkit

Take care of yourself and others.

The Toolkit includes:

- Checklists and self-assessments
- Treatment options
- Self-care tips and worksheets
- Ways to support someone
- How to talk about depression at work



depressioncenter.org/toolkit

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DEPRESSION CENTER
TOOLKIT

Questions or Comments



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