

<b>Resources</b>	<b>Cost</b> (subject to change)	<b>Delivery/Link</b>
Activating Happiness	\$14.40	<a href="#">Book</a>
Mind Over Mood 2nd Ed. (recommended by Anxiety and Depression Association of America); Website with Support, Education, and Resources on Anxiety and Depression	\$18.32	<a href="#">Book</a>
Anxiety and Depression Association of America	FREE	<a href="#">Informational resources</a>
NAMI (National Alliance on Mental Illness)	Free Resources	<a href="#">Informational resources</a>
The Change Companies - Interactive Journal: <ul style="list-style-type: none"> <li>• Self-Worth</li> <li>• Feelings; Anger; Family and Other Relationships; Life Management; Coping Skills; Successful Living with a Co-Occurring Disorder; The Power of Self-Talk; Recovery Maintenance; Quiet Moments</li> <li>• Employment Skills</li> </ul>	Starting at \$1.80	<a href="#">Journals</a>
Cognitive Behavioral Analysis System of Psychotherapy	Varied	<a href="#">Books and Articles</a>
Behavioral Activation for Depression	Free	<a href="#">Download</a>