

# Managing Your Depression

Theme for July : Mental Health Awareness,  
Emerging after Lockdown

**This Wednesday, we are providing resources to support you when you are Managing Your Depression.**

Victoria Martin, Specialist Mental Health Chaplain, Sussex Partnership Trust based in the inpatient psychiatric unit and also does work in the community. Vickie has produced a video sharing her experience and knowledge of depression from a Christian and medical perspective. Video link

In the video Vickie recommends looking at this YouTube video I had a black dog, his name was depression [which you can find here.](#)

Resources to support yourself or others

At the NHS website you can complete a mood self-assessment quiz which can help you understand how you've been feeling recently and what you can do to help by pointing you in the right direction to get help and support.

[You can access it here.](#)

**Apps:**

- Live from Rest - combining meditation with the Bible
- Breathe (for anxiety and breathing)
- Headspace (for mindfulness exercises - free 10-day basics pack)
- Calm (meditation and mindfulness)

You can find resources on depression from [Mental Health Access here.](#)

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