

## Scholar Voices: 4 Tips for living and thriving with depression

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Works cited:

[https://www.nimh.nih.gov/health/topics/depression/index.shtml#part\\_145397](https://www.nimh.nih.gov/health/topics/depression/index.shtml#part_145397)

<https://www.nimh.nih.gov/health/statistics/major-depression.shtml>

<https://www.psychologytoday.com/us/basics/cognition>

Other cognitive distortions depressed people experience:

<https://www.verywellmind.com/depression-and-cognitive-distortions-1065378>

"Free psychology," and other alternative resources for mental healthcare

<https://www.betterhelp.com/advice/psychologists/is-a-free-psychologist-a-real-thing/>

Psychology Today's Medicaid directory for therapists, which provides **free** therapists for low-income individuals, so long as they are enrolled in Medicaid. I found one of mine at <https://www.psychologytoday.com/us/therapists>.