



RESOURCES-Episode 3

Managing Depression

Stefanie Gregware, MA, LMHC

Vice President of Clinical Services

Open Sky Community Services

This website offers information about how to get more support from others going through the same thing. <https://namimass.org/nami-connection-recovery-support-groups/>

For support from peers anonymously; <http://depressedanon.com/international-online-depressed-anonymous-skype-meetings/>

<https://suicidepreventionlifeline.org/> Suicide Prevention Lifeline: 1-800-273-TALK (8255) or Text 741741

For treatment resources please contact your insurance company. They can help you find providers that are taking new patients and who take your insurance.