

The Depression Toolkit



Hi there!

I understand that navigating depression can be challenging. This toolkit is designed to provide support as you journey towards healing. I hope you find these resources helpful in your path towards greater well-being.

Take care and be kind to yourself.

Warm regards

Lareina



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Affirmations

TO GET THROUGH DEPRESSION

"Even though things are tough for me right now, I am getting through it."

"I am worthy and deserving of love and support, I am not a burden."

"I'm moving past any mistakes I've made and accepting my imperfections."

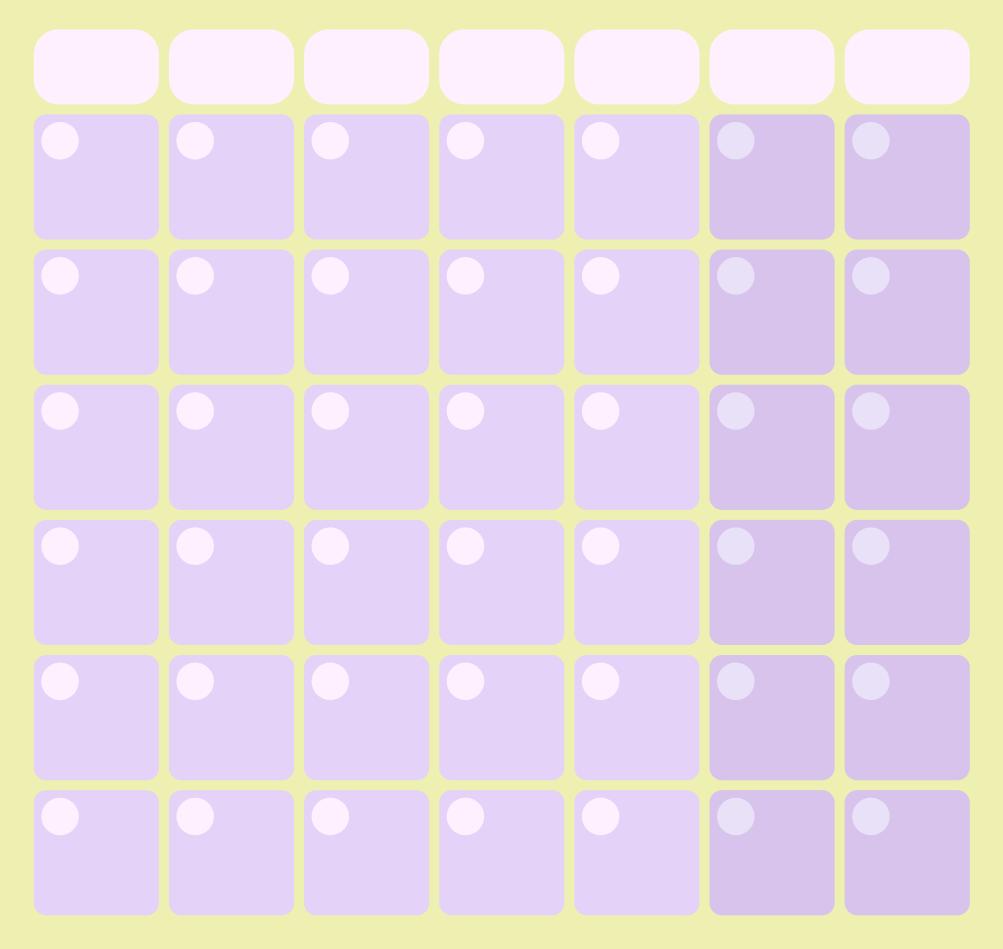
"Even though I am finding it difficult to have fun right now, I will hold on to the hope that this will pass and I will once again enjoy things I used to."

"Doing as much as I can is good enough even if it's not perfect."



Mood Tracker

Month:





My support System	My coping stratergies

Emergency helplines

Vandrevala Foundation Helpline: 1860-266-2345

COOJ Helpline: +91-832-2252525, 0832-2252525



Checklist Counselling & Psychotherapy Counselling & Psycho

Get out of bed
Brush teeth
Eat something
Check medication
Stretch/walk around room
Eat lunch
Reach out to support system
Have a wash
Have dinner



It's brave to reach for help

Depression is tough, but professional help from a therapist can make a difference. We offer a safe space to share your feelings and guide you toward healing. With our support, coping becomes easier, and hope can flourish.

You're not alone—reach out to us and start your therapy journey.



www.healinghearththerapy.com



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