



**Healing  
Hearth**

**Counselling & Psychotherapy**

# **The Depression Toolkit**



# Healing Hearth

Counselling & Psychotherapy

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*



**Lareina D'Souza**

(Psychologist & Psychotherapist)

M.A PSYCHOLOGY

Diploma in Narrative Practices

# *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.”**





**Healing  
Hearth**

Counselling & Psychotherapy

# *Reminders*

## **TO GET THROUGH DEPRESSION**

**My support System**

**My coping strategies**

### **Emergency helplines**

Vandrevala Foundation Helpline:  
1860-266-2345

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



# *checklist*

## **TO GET THROUGH DEPRESSION**

- 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](http://www.healinghearththerapy.com)



+91-80108585169