

General Video on Depression - <https://www.youtube.com/watch?v=z-IR48Mb3W0> (4:28)

General Video about Major Depressive Disorder (information about neurotransmitters from 1:35-4:00)

<https://www.youtube.com/watch?v=QhukM33VLgo&t=206s> (10:35)

Individual Psychotherapy - <https://www.youtube.com/watch?v=AiFZ3JN19UY> (4:33)

Group therapy - <https://www.youtube.com/watch?v=a7tsLHKuQCU> (3:08)

Cognitive Behavioral Therapy - <https://www.youtube.com/watch?v=q6aAQgXauQw> (3:58)

Electroconvulsive therapy - <https://www.youtube.com/watch?v=AcmarVpo2xE> (4:23)

Treating Mental Health with ECT - <https://healthcare.utah.edu/healthfeed/postings/2017/02/ect.php>