

Overcoming Depression Online

Depression affects 1 in 10 adults in the United States. If you are feeling sad or anxious, you may have sought treatment from your doctor or a mental health professional. Perhaps you've tried medication. Now there's another option — **MoodHelper**.

MoodHelper is an online program for adults with depression, designed and tested by researchers at Kaiser Permanente. Going at your own pace wherever Internet access is available, you'll receive step-by-step training to overcome your depression.



How does it work?

You can enroll in MoodHelper online. Next, an interactive tour takes you through two approaches to help with depression: **Doing Pleasant Activities** and **Changing Unrealistic Thinking**. Choose the one that sounds better to you, then click through simple, easy-to-follow steps to develop your own program.

MoodHelper works with your schedule and privacy needs:

- Accessible from your own computer
- Available any time of the day or night
- No scheduling hassles or waiting for an appointment

By applying the skills you learn with MoodHelper, you can make fun activities and positive thoughts — both keys to overcoming depression — a part of daily life.

To get an overview of MoodHelper, please visit www.MoodHelper.org.

Joining MoodHelper

MoodHelper is available to employees of participating companies and organizations, at no cost to the employee. Confidentiality is protected: MoodHelper does not share your personal information.

How to enroll

- You must be a member of PEBB.
- Go to www.MoodHelper.org.
- Enter your invitation code: **PEBB227**
- You will be asked to provide your PEBB **P Number**. Remember, your information is kept confidential unless you request that it be communicated to your doctor.