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.

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 OEBB.
• Go to www.MoodHelper.org.
• Enter your invitation code: OEBB227
• You will be asked to provide your E Number. Remember, your information is kept confidential unless you request that it be communicated to your doctor.

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