

Are you or do you know an older adult who may be experiencing mild to moderate depression?

FREE



- You are having difficulty sleeping
- You no longer find joy in preferred activities
- Your eating habits have changed, and/or
- You have little energy

Consider the PEARLS program, an evidence-based, short term mild depression treatment program.

PEARLS:

- Delivers one-on-one in your home with a trained PEARLS facilitator, over the course of eight visits.
- Structures problem-solving and goal-setting support to lift depression symptoms.
- Encourages individuals to tackle the challenges that weigh them down and rediscover the activities that once brought them joy.

PEARLS is NOT:

- A crisis intervention program
- Long-term mental health therapy
- Suitable for individuals with severe and persistent mental illness or active substance use disorder

PEARLS is provided **FREE** to eligible individuals in the greater Eugene/Springfield area. Call the Aging and Disability Resource Connection (ADRC) at 541-682-3353 with questions or to request a screening for the PEARLS program.