

Space from Depression



**8-12% OF THE POPULATION
EXPERIENCE DEPRESSION***

Effective online solution to tackle depression

Helping people with depression

Space from Depression is part of our unique 8-programme suite built in conjunction with Berkshire Healthcare NHS Foundation Trust. The programme will help you to learn techniques to overcome and manage the symptoms of low mood and depression.

Easy to follow, supportive

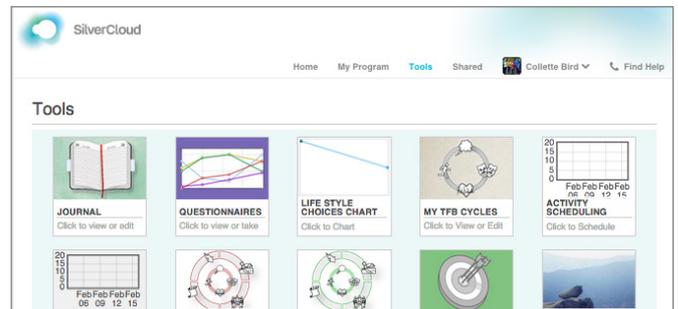
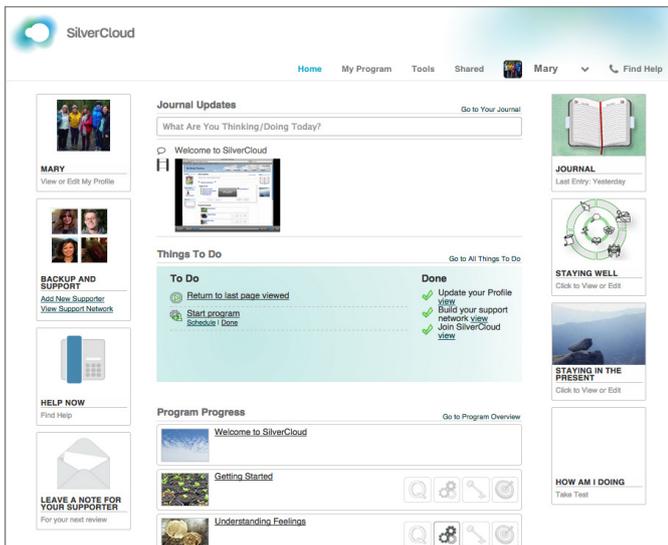
Work independently, at your own pace with ongoing support and guidance from your therapist.

Putting you in control of your recovery

Programme content is based on Cognitive Behavioural Therapy (CBT). CBT is an effective treatment that helps you to identify and change your thought and behaviour patterns that have a negative influence on your mood.

"I think the programme is set up wonderfully for people experiencing depression, to have help but be able to work through the programme and activities independently."

*Ayuso-Mateos, J. L., Vazquez-Barquero, J. L., Dowrick, C., Lehtinen, V., Dalgard, O. S., Casey, P., . . . Wilkinson, G. (2001). Depressive disorders in Europe: prevalence figures from the ODIN study. *British Journal of Psychiatry*, 179(4), 308-316. doi: 10.1192/bjp.179.4.308



A variety of interactive tools and apps help you to develop skills to manage your symptoms and build resilience.

Accessible

Access it 24/7 - on your computer, tablet or mobile phone.

Flexible, online solution

7 online modules help you to understand how your thoughts influence your mood and behaviour. Helping you to challenge and change unhelpful patterns that contribute to low mood. Topics include:

- Tuning into mood and emotions
- Recognising distorted thinking
- Increasing activity and motivation
- Challenging negative thoughts

Your therapist can unlock additional modules to best meet your needs.

Highly Engaging

The programme is packed with videos, quizzes and effective activities and tools to help you in your recovery including:

- Mood monitor
- Journal
- Lifestyle choices chart
- Mindfulness exercises

Personalised care path

Depression commonly coexists with other difficulties, for example low self-esteem and anxiety. The programme allows your therapist to customise content and tools, to meet your specific needs.

Practical strategies help you to tackle unhelpful thoughts and behaviours and the unpleasant physical feelings and sometimes difficult emotions associated with depression.

