

Mild to Moderate Depression

The Mild to Moderate Depression module is an interactive, self-paced online program that helps people who are feeling down or depressed in four easy, short sessions.

Learn to identify signs and symptoms of depression, challenge negative thoughts, manage relapse, and feel better.

Feeling better, being better

- Proven, medication-free option
- Simple, easy-to-follow instructions
- Access anytime, anywhere and at your own pace
- Private and confidential

Research proves you can:

- Learn new skills to improve mood
- Gain knowledge to prevent setbacks
- Experience improvement — over 50% of people felt better and had fewer symptoms of depression

Available to you at no cost.

Begin feeling better by logging on today.

The most optimal browsers to use when accessing the programs are the latest Google Chrome or Firefox browsers.

USPS EMPLOYEE ASSISTANCE PROGRAM
A Program You Can Trust



800-327-4968

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www.EAP4YOU.com



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