

# Depression Program

Many people experience depression. It can affect anyone, whatever their age, gender, or background. If your low mood doesn't go away, or is causing problems in your daily life, you might need some help.

My Military Health offers a digital therapy program. It can help you to feel better by learning new ways of thinking. By using the Depression program, you'll learn how to make some changes in your life and start to overcome the symptoms of depression.



## Understanding and knowledge

The tools and activities in the program help you to figure out your thoughts and feelings and how they have an impact on what you do. You'll also learn how what you do can affect how you feel.



## Skills and strategies

Motivating yourself can be hard if you're feeling depressed. This program will help you find things you enjoy and make them part of your daily life. You will learn about negative thoughts and how to challenge them. You will also find out how to tackle some of the tough physical feelings that can come with depression, such as tiredness, or aches and pains.



## Forging ahead

At the end of the program, you will learn how to feel better about yourself and more hopeful for the future. Before you finish, you'll make a plan to continue your progress and stay well.

## Is this program for me?

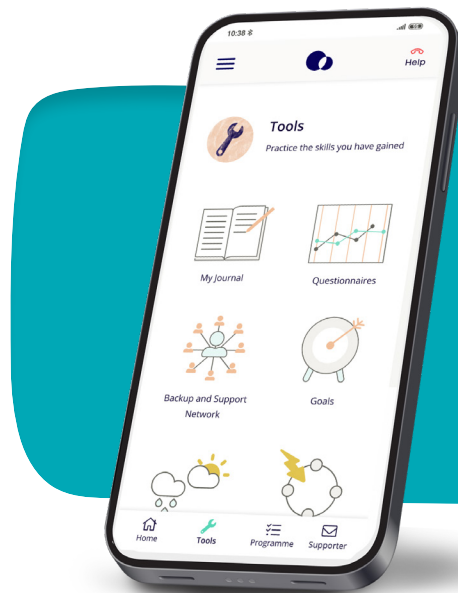
This program can help you if you want to learn how to manage and overcome the symptoms of low mood and depression. You can access the Depression program on your phone, computer or tablet, wherever and whenever you need it. Simply work through at your own pace. For most people it takes about eight weeks.

## Cognitive behavioral therapy

This program is based on cognitive behavioral therapy (CBT). CBT is an effective treatment for depression. It allows you to become more aware of your moods and teaches you how to make the changes you need to feel better.

## Program modules:

- **Getting Started** – First learn how CBT can help you feel better.
- **Understanding Anxiety** – Gain a better understanding of the effects of depression and start to use CBT to manage your symptoms.
- **Noticing Feelings** – Tune in to how you're feeling to get to the source of your low mood.
- **Boosting Behavior** – Find out how small changes can help you feel better. Look at new ways of moving from slumps to action.
- **Spotting Thoughts** – Catch those thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Bringing it All Together** – Make plans to stay well. Set goals to build the life you want.



“Learning about the effectiveness of CBT in treating depression was a bit of a revelation for me. It made me feel more in control of my situation, like it might be something I had the power to fix.”

- Julianna, program user

## Tools and activities

The Depression program contains many helpful tools and activities including:

- **Personal Stories** – You are not alone. Find out how other people experience depression and how this program helped them.
- **Quizzes** – Test your knowledge about depression and learn how it is impacting your life.
- **Relaxation Exercises** – Reduce feelings of tension and anxiety with our relaxation podcasts.
- **Activity Scheduling** – Focus on activities you enjoy and that give you a sense of achievement to help boost your mood.
- **Mood Monitor** – Track your moods. See how your lifestyle choices impact these moods.

For SilverCloud self-enrollment, visit us at:  
<https://bh.mymilitary.health.mil/signup/>  
Or scan the QR code below:

For technical assistance, contact the My Military Health Help Desk:  
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