



iFightDepression®
Now also in Ukrainian and Russian!

INFORMATION FOR PEOPLE WITH Milder FORMS OF DEPRESSION



Tired, lacking drive, depressed?

Visit the iFightDepression® website to access important information about depression including symptoms, causes, treatments, and helpful contacts. The website also offers specialized content on migration-related topics, such as trauma and coping with loss, designed to support displaced people.

www.ifightdepression.com



Find out about our guided online self-management-tool iFightDepression® in Ukrainian and Russian languages!

- a self-help tool for people with milder forms of depression
- can be used anytime and anywhere with internet access and is free of charge
- includes 6 basic workshops with information about depression and exercises that can be incorporated into everyday life
- includes 5 additional workshops on inner strength, trauma, dealing with loss, healthy lifestyle and managing depression at the workplace
- Visit **tool.ifightdepression.com** and choose Ukrainian or Russian language (upper right corner on the website).

The Mental Health Support for Ukrainian Refugees (MESUR) is project of the European Alliance Against Depression (eaad.net) and is co-funded by the European Union.



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mental health support for ukrainian refugees



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