

# DEALING WITH ANXIETY & DEPRESSION?



**Five Hills  
Health Region**

*Healthy People – Healthy Communities*

## Online Therapy USER Program

Many people are living with symptoms of anxiety and depression. The Online Therapy USER program is a partnership between the University of Regina and FHHR to provide no-cost, effective treatment in the comfort and privacy of your own home.

If you are a Saskatchewan resident, over the age of 18 this program may be right for you. During the 8 week course you will work on 5 modules, each with information, activities and support for managing symptoms of anxiety and depression. Users report that they spend a few hours every week on the materials.

During the course you will have weekly contact with a Mental Health Professional, either over the phone, or via the secure message service on the Online Therapy User website.

Online Therapy has been proved to be just as effective as face to face contact, with participants indicating significant improvements by the end of the course. Visit [www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca) today or contact the unit at 1-306-337-3331.