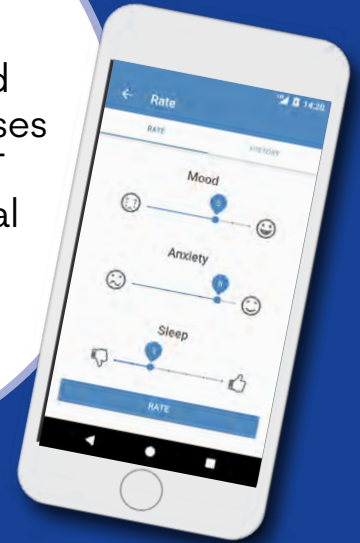


Do you experience low mood and would like to take part in research?



What?

We want to test MoodBuster, a guided website and app that uses the principles of CBT (Cognitive Behavioural Therapy) for self-management of low mood.



Who?

- Aged **18 or older**
- Have **signs of low mood**
- Have **both** a computer and smartphone (Android or iPhone)
- Live in **Greater Manchester**
- and have never been diagnosed with depression

Where and when?

You will take part in the study in your own time from the comfort of your home.

Contact us for more information:
moodbuster@manchester.ac.uk
mentalhealth.org.uk/research/moodbuster