



Are you ready to
OVERCOME DEPRESSION?
We can help.

Monarch's **"Overcoming Depression"** group uses the most effective tools and resources to teach you how depression affects your brain and how you can begin to feel better.

Group therapy connects you with other people who are also living with depression and together, you will learn how to manage your symptoms and take back your life.

Monarch's group therapy services are delivered virtually through our **telehealth platform**, making them accessible from just about anywhere. Group therapy is facilitated by a dedicated team of therapists at a variety of times throughout the week and you can schedule an appointment when it is most convenient for you.

begin to overcome your depression today

Speak with your Monarch mental health professional
or call **(866) 272-7826** for more information.

