



## Have you been experiencing any of the following:

- Feeling sad, down or blue
- Decreased energy or more tired than usual
- Little interest or pleasure in doing things
- Feeling bad about yourself or your future
- Trouble concentrating
- More difficulty sleeping



## We make it easy to receive care:

1. We will match you to the best program for your needs, designed to fit your budget
2. We'll guide you through our easy enrollment process
3. You'll visit with your highly trained coach every other week at a convenient time, either by video or by phone
4. Your coach will provide you with the skills and tools to address your unique challenges
5. You'll receive access to our patient portal with helpful information and secure messaging
6. If you choose, we will coordinate with your PCP

# OUR PROGRAMS CAN HELP PEOPLE JUST LIKE YOU

## In each of our programs you will learn how to do the following:

- Identify what you can do to improve your symptoms and develop an action plan
- Participate in more pleasurable, relaxing and rewarding activities
- Manage troublesome problems and relationships more effectively
- Modify unhelpful recurring negative thoughts to more helpful ways of thinking
- Focus more on the present rather than past problems or future worries
- React to stressful problems & feelings in ways that are consistent with who you want to be
- Treat yourself with more kindness and compassion



VIBecare provides depression and anxiety care, designed by nationally recognized experts, and brought to you by nationally certified health coaches. We offer affordable pricing to fit your budget.

VIBecare is a service provided by Collaboration Care Corporation.

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