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Reawakening CenterSM Online Tool

Somewhere to turn when you feel blue

www.aetna.com



Depression can make you feel so alone. Some days even the simplest tasks are hard to do. Sleeping, eating and even the way you interact with others can be affected.

But now there's a free Internet tool that can help. It's from Aetna. It's called the Reawakening Center. And because you use this online tool in the privacy of your home, it's completely confidential.

The Reawakening Center can help you:

- Learn more about yourself
- Explore more helpful ways of thinking
- Find out about depression
- Gain advice for finding treatment
- Overcome barriers to successful therapy

Just go to www.reawake.com.

Getting started is easy

First try our self-test. Just answer nine simple multiple-choice questions. You may get a sense of whether you might be depressed.

It only takes a few minutes.

You can retake this anytime you want. It will help you see if things have gotten better.

So where do you want to go first?

The Reawakening Center's online coaching can help you find the path that's right for you.

Maybe you are not sure you are ready to seek treatment. Stop in at the **Hesitation Station**. You will be able to follow the paths of others like you who are not sure about getting treatment.

Struggling with self-defeating thoughts? Take the **Detour on the Road to Recovery**. You will see that others struggle, too.

Or visit the **New Outlook Café**. It'll give you a fresh view on coping with disappointments and mistakes.

This library is just for you

You might have questions about your depression. Questions like:

- Why am I so down?
- How do I seek treatment?
- Am I depressed or just plain sad?
- How can I find a support group?

Try visiting the Reawakening Center's Library. Its information is simple, clear and colorfully illustrated.

Weekly Wake-Up Call

In a hurry? Then the Weekly Wake-Up Call might be for you. You'll find ideas, tips and insights to help you cope with depression and give your mood a lift. We keep it short but sweet. Check back for a new Wake-Up Call each week.

Other helpful resources

Aetna Navigator® secure member website Log in at: www.aetna.com
1-800-962-6842

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Aetna Behavioral Health www.aetnabehavioralhealth.com

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American Psychiatric Association: *Healthy Minds. Healthy Lives.* www.healthyminds.org

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Depression Hurts www.depressionhurts.ca

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Depression and Bipolar Support Alliance www.dbsalliance.org

You can refresh your mind and reenergize your life by visiting the Reawakening Center!

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