



## P R E S S   R E L E A S E

### **European Mental Health Week – multilingual iFightDepression®-tool for youths and adults**

**The EAAD-Best consortium this week will SpeakUpForMentalHealth. To support patients suffering from depression – EAAD-Best promotes the iFightDepression tool, an evidence-based best practice digital intervention supporting a growing number of youths and adults with mild to moderate depression across Europe.**

*Frankfurt am Main/Leipzig 10.05.2022 - Thanks to the EAAD-Best project, the iFightDepression®-tool is now available in 14 languages and used in 12 countries. This self-management tool helps youths and adults suffering from mild to moderate depression and is used with the supervision of a trained guiding health professional.*

During European Mental Health Week, we SpeakUpForMentalHealth and raise awareness about depression and suicidal behaviour across Europe. EAAD-Best aims to reduce the burden associated with depression and suicidal behaviour by supporting the implementation of the EAAD 4-level intervention concept in more European regions and via promotion of the iFightDepression®-tool. In 2019, European Union member states voted the EAAD 4-level intervention concept and the iFightDepression®-tool as mental health best practices.

Depression can affect anyone. Just like adults, young people can also suffer from depression. The iFightDepression®-tool is available in both youth and adult versions. For young people, extra workshops and exercises that focus on relationship issues and social anxiety are included.

The iFightDepression®-tool aims to support patients with mild to moderate depression to self-manage their symptoms and to encourage them to recognise and change their patterns of thinking and behaving in a healthier way. It consists of 9 workshops, worksheets and exercises, and a mood scoring tool (Patient Health Questionnaire-9/ PHQ-9).

The iFightDepression®-tool successfully expanded to more languages and reached more countries and regions because of the EU-funded project, EAAD-Best. The European Alliance Against Depression (EAAD) coordinates the EAAD-Best project, leading the consortium of 8 high-ranked organisations from 8 European countries.

The 4-level intervention approach and the iFightDepression®-tool were both named a Best Practice intervention programme in the European Commission's Green Paper<sup>1</sup> on Mental Health and the WHO report<sup>2</sup>.

#### References

1. European Commission 2015: Green Paper – Improving the mental health of the population: Towards a strategy on mental health for the European Union ([https://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/green\\_paper/mental\\_gp\\_en.pdf](https://ec.europa.eu/health/ph_determinants/life_style/mental/green_paper/mental_gp_en.pdf))
2. World Health Organization 2014: Preventing suicide – A global imperative ([https://apps.who.int/iris/bitstream/handle/10665/131056/9789241564779\\_eng.pdf;jsessionid=9560E817FD203F35EDB38378F3159D6B?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/131056/9789241564779_eng.pdf;jsessionid=9560E817FD203F35EDB38378F3159D6B?sequence=1))



Learn more about the EAAD-Best project, consortium partners and related research:  
[www.eaad-best.eu](http://www.eaad-best.eu)

Visit iFightDepression® here: [www.ifightdepression.com](http://www.ifightdepression.com)

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