

# EAAD-Best

An EU-funded project, **EAAD-Best**, 'Adapting and Implementing European Alliance Against Depression's (EAAD) Best Practice Model to Improve Depression Care and Prevent Suicidal Behaviour in Europe', is underway in Ireland, led by Professor Ella Arensman. The team will work in partnership with seven European countries to improve the care of people with depression and prevent suicidal behaviour through implementing the EAAD community-based 4 level intervention across regions in Ireland and promoting the uptake of the iFightDepression tool and more broadly, the iFightDepression awareness website:

[www.ifightdepression.com/en](http://www.ifightdepression.com/en).

Access free depression awareness video, posters, and brochures here: <https://eaad-best.eu/intervention-materials-ireland/>



**iFightDepression** - now also in Ukrainian!  
**iFightDepression** - відтепер також українською!

## iFightDepression Tool

An evidence-based, internet-based self-help tool for people with milder forms of depression

Access is provided through a General Practitioner or Mental Health Professional

Based on Cognitive Behavioural Therapy

Free of charge for the patient and the guide

**Available in 15 languages: English, Bulgarian, German, Italian, Norwegian, Spanish, Catalan, Basque, Estonian, Greek, Hungarian, Polish, Shqip, Arabic, Ukrainian**

Includes 6 sessions that clearly explain the connections between mood, thoughts, behaviour and one's own feelings

Additional 2 sessions for a healthy lifestyle and inner strength added to the new Ukrainian version

Can be used in many ways (e.g. to bridge the waiting time for standard treatment, complementing the treatment and relapse prevention)

For more information or questions, please contact us at [eaadbest@ucc.ie](mailto:eaadbest@ucc.ie)

Training for general practitioners and mental health care professionals

Depression awareness campaign materials for general population

**GOALS**  
Improved care for patients with depression and preventing suicidal behaviour

Support for people who experience depression, high-risk groups, and relatives

Training for community stakeholders and facilitators

If you would like to use the iFightDepression tool ([tool.ifightdepression.com](http://tool.ifightdepression.com)) as part of your work, you can take part in an online training course free of charge.

The training is 70 minutes and consists of 4 video modules, which can be divided into different work units, if required.

You can access the online training at: [guides.ifightdepression.com](http://guides.ifightdepression.com)

