

Individual Online Help for Depression

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Depression is a common and growing disease. People who suffer from such a mental disease are often confronted with additional problems, both in their private and professional lives, as well as in their finances.

Losing one's job, friends and spending a lot of money for high-cost treatment like psychotherapy and medication at the same time add even more pressure to one's already unhappy circumstances. And this is only the tip of the iceberg – as it is happening all around us and at a rate that is growing daily in times of economic uncertainty.

The first step in getting help can be influenced by financial and personal factors such as opening up to other people and talking about one's problems. Unfortunately, the waiting time for treatment by a physician or psychotherapist may take months. And many affected people are not even sure what is happening to them – are they depressed or just experiencing a temporary condition of low spirits?

Help may be found by using the individualized online psychotherapy program Deprexis®, developed by GAIA AG, which is available on the internet 24/7 in both German and English (further languages to follow soon).

Modern psychotherapy is supported by the use of new media

Deprexis® is the first computer program for depression worldwide that responds to patients' individual needs and problems. Patients receive tailor-made training in modern psychotherapy techniques on the web. They can apply these techniques and improve their ability to help themselves – on their own or with their physician or psychotherapist.

Scientific studies have shown that Deprexis® can help people with minor and mid-level depression, as well as those with major mental diseases who use Deprexis® in addition to their "classical" treatment of combined medication and therapy by a physician or psychotherapist.

The psychotherapeutic online program Deprexis® offers the patient top knowledge and –methods of modern psychotherapy to improve the patient's ability to activate as much self-help and self-regulation as possible.

For more information about Deprexis®, please visit www.deprexis.com

A short and free Self-Check can be found at www.deprexis.com/depression-test

Who is GAIA AG?

The company GAIA AG, Hamburg, was founded in 1996. GAIA is the leading provider of information systems and programs for physicians and patients. GAIA's team includes experts in medicine, IT and communications, as well as specialists in project management and knowledge management. It maintains scientific cooperations with renowned universities and an international network of medical experts.

GAIA specializes in developing and implementing individualized and interactive online services and programs for both physicians and patients. These include multimedia projects in the pharmaceuticals and empowerment sectors. In the year 2000, GAIA's innovative engagement was awarded the Richard-Merten-Prize for Quality in the Health Care System.

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