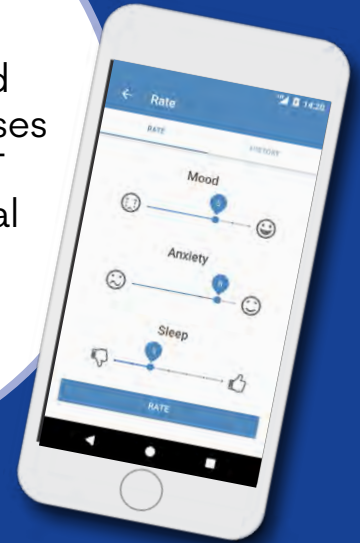


# Do you experience low mood and would like to take part in research?



## What?

We want to test MoodBuster, a guided website and app that uses the principles of CBT (Cognitive Behavioural Therapy) for self-management of low mood.



## Who?

- Aged **18 or older**
- Have **signs of low mood**
- Have **both** a computer and smartphone (Android or iPhone)
- Live in **Greater Manchester**
- and have never been diagnosed with depression

## Where and when?

You will take part in the study in your own time from the comfort of your home.

**Contact us for more information:**  
**[moodbuster@manchester.ac.uk](mailto:moodbuster@manchester.ac.uk)**  
**[mentalhealth.org.uk/research/moodbuster](http://mentalhealth.org.uk/research/moodbuster)**