

# Learn ways to cope with stress, anxiety and low mood

A SELF-HELP program is being offered to anybody who is interested in self-growth and in learning skills to facilitate the management of stress, anxiety and low mood. The program is offered at the Université de Moncton as part of an 8-week study to assess its efficacy when delivered in French. The original English version has already been found effective. The program is offered as an online course: the **Cours Mieux-être**.

## The Cours Mieux-être is :

- FREE
- Requires no appointment
- Requires no travelling

## What does the study entail?

- Five lessons that provide information and teach practical skills to facilitate symptom management
- Exercises to help you practice the skills learned
- Additional resources and testimonials
- Weekly emails from the research coordinator
- Brief questionnaires to complete online to assess the impact of treatment
- A 3-month follow-up

## To participate in the study, you must, among others :

- Reside in the Atlantic provinces (New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador) and be aged 18 years or older;
- Have French as first official language spoken and a good understanding of written French;
- Have Internet access

For more information: Please go to [www.etherapies.ca](http://www.etherapies.ca) or contact Mr. Miguel Robichaud, research coordinator (506- 858-4406; [mieuxetre@etherapies.ca](mailto:mieuxetre@etherapies.ca)) or Dr. France Talbot, psychologist and professor (506-858-4200; [france.talbot@umoncton.ca](mailto:france.talbot@umoncton.ca))

