

**THIS EVENT IS FREE AND OPEN TO THE PUBLIC**

## ***Computer Programs and Apps for Mental Health:*** ***How Technology Can Help You Overcome Depression and Anxiety***

- *Learn about computer programs and applications for depression and anxiety*
- *Hear how live psychotherapy can work with programs and apps*
  - *See how to use these tools*

**presenter**

**Jesse H. Wright, M.D., Ph.D.**

Kolb Endowed Chair of Outpatient Psychiatry  
Director, Depression Center  
University of Louisville



**WEDNESDAY, DECEMBER 5, 2018**

**7:00 PM – 8:00 PM**

**University of Michigan Depression Center Auditorium  
4250 Plymouth Road, Ann Arbor**



Funding for the NNDC Visiting Professor Program was awarded through a competitive grant from the NNDC (nndc.org), a nonprofit association of leading depression and mood disorders centers from across the United States.

**sponsored by**

**National Network of Depression Centers and  
the University of Michigan Depression Center**



**DEPRESSION CENTER  
MICHIGAN MEDICINE**