



*An evidence-based program  
developed at Emory University*



## **Epilepsy + Depression = A Challenge**

### **Project UPLIFT = A Solution**

Epilepsy is hard enough to cope with on its own. When you add depression, coping can be much more difficult. Fortunately, Project UPLIFT provides skills to prevent depression and manage future stress. If you're an adult with epilepsy who experiences symptoms of depression, this FREE, 8-week, phone-based, group program can help.

For more information or to sign up, contact Russ Derry at

800-377-6226 ext. 1302 [rderry@epilepsymichigan.org](mailto:rderry@epilepsymichigan.org)



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