Develop a more upbeat, vital outlook on life.

Join the Mending Your Mood group Thursday night.

Why Join This Group?

Low mood is a catch-22. Often the things that do the most to help improve your mood are the most difficult to do. We don’t always feel vital and upbeat, but we can take steps that improve our mood and bring vitality to our lives.

The program combines group meetings and support with exercises designed to help you achieve a more upbeat, vital life without the symptoms of depression.

How does it work?

For maximum flexibility you connect with your group by video, whether you are on campus, studying abroad, or doing fieldwork.

Sign Up Here

Groups are provided by iHope Network, not HUHS or CAMHS. HUHS has contracted with iHope to make these groups available to the Harvard Community at no cost.