

## Our 2022 Impact: At A Glance

We're creating a healthier and more equitable society by ensuring easy access to free, high-quality depression support and education for anyone with an internet connection: no insurance, diagnosis, or registration required. Our virtual support groups are led by trained volunteer peers from diverse backgrounds and professions with their own lived experience of depression and resilience.

All LiveWell groups follow a one-of-a-kind Guided Self-Care curriculum, empowering people with the skills they need to reduce their own symptoms and relapses of depression, and to improve wellbeing. And healthier lives creates healthier communities!

### 2022 LiveWell Programs



Adults



Adults in Recovery  
Depression & Addiction



Teens



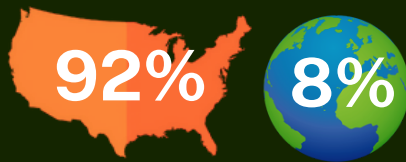
Seniors



Physicians

**6,200+**

Number of logins to our educational-based depression support groups from approximately **1,000** unique individuals, ages **14-89**.



Of U.S. participants, **29%** from **Philadelphia area**

**18% Black**  
**11% Multiple Race**  
**8% Asian**  
**59% White**  
**4% Hispanic**  
(Any race)

**22,000**

Approximate number of logins to virtual groups **since going online in Spring 2020** in response to the coronavirus.

Our annual LiveWell Program® Evaluation (adults only) was spearheaded by Emily Goldmann, PhD (New York University) and Corie Hammers, PhD. For more info, please contact us.

**91%**

"Live Well taught me skills to better manage my moods."

*"Knowing that I am not alone helps immensely. My peers give me hope and encourage me to stay on track when I'm ready to give up."*

**91%**

"I feel more hopeful about managing my own depression."

*"This is the only program I've found that has daily support and is free to the public. I'm so grateful. I will continue referring people to LiveWell as I've seen the amazing impact it's made on my life."*

**78%**

"LiveWell helps me feel more connected to others."

*"LiveWell far exceeds other support groups I have attended for depression and addiction. I incorporate the LiveWell Strategies into my daily life and the severity and duration of my depression spikes have decreased dramatically."*

**74%**

"My symptoms decreased or went away because of LiveWell."