

The LiveWell Foundation is a nonprofit organization that empowers people with depression to transform their own lives through free and effective peer support and skill-based education. LiveWell support groups are led by trained volunteer peers with their own experience of depression and resilience, and follow the LiveWell Program®: an innovative behavioral health curriculum that gives people the skills they need to reduce symptoms and relapses of depression, and improve wellbeing. Since going online in response to Covid-19, LiveWell has expanded to a national community of peers helping each other live well with depression.

Results from our first annual evaluation of our online program for adults show that LiveWell's unique peer-led skill-based support groups for the treatment and prevention of depression are empowering a diverse group of people to better manage their mental health, and to transform their own lives. And healthier individuals make healthier communities!

WHO WE SERVED*



TOTAL SERVED IN 2021

1,548 Unique Individuals
269 Virtual Support Groups
8,768 Total Log-Ins

GEOGRAPHIC LOCATION

92% United States
16% Of U.S. from Philadelphia
8% International

RACIAL/ETHNIC IDENTITY

17% Non-Hispanic Black
9% Hispanic (any race)
5% Non-Hispanic Asian
9% Non-Hispanic Multiple Race
58% Non-Hispanic White

GENDER IDENTITY

27% Male
68% Female
5% Non-Binary or Other

HOW IT HELPED



In an anonymous online survey...

96% AGREE: I use the *LiveWell Strategies* [curriculum] to better manage my own moods.

88% AGREE: Live Well taught me skills to better manage my moods.

85% AGREE: I feel more hopeful about managing my depression.

85% AGREE: I have more confidence in my ability to manage my own depression.

85% AGREE: LiveWell helped me feel more connected to others.

72% AGREE: My depression symptoms decreased or went away because of LiveWell.

IN THEIR WORDS



"I didn't expect a depression support group to have such a positive vibe. I like how we focus on solutions rather than problems."

"LiveWell has been such a major part of my depression and addiction recovery. I would not be where I am today without it."

"The supportive and caring peers and facilitators are so inspiring!"

"Just knowing the community exists, and that I can come back to it, helps me feel more hopeful and less alone."

"I attend groups even when I'm feeling okay. LiveWell is part of my ongoing self-care."

*Results from this evaluation reflect adult peers only (ages 19+), and do not include LiveWell Teen Program attendees.

The 2021 LiveWell Online Program® evaluation was spearheaded by Emily Goldmann, PhD (New York University) and Corie Hammers, PhD (United Health Group). For more information about the evaluation methodology, please contact us.

Join our mission of free depression support for all at www.livewell-foundation.org

