

Your journey with CARE for MDD



Starting out

If you are reading this, your doctor or therapist has recommended CARE for MDD. This visual guide will provide information on what you can expect

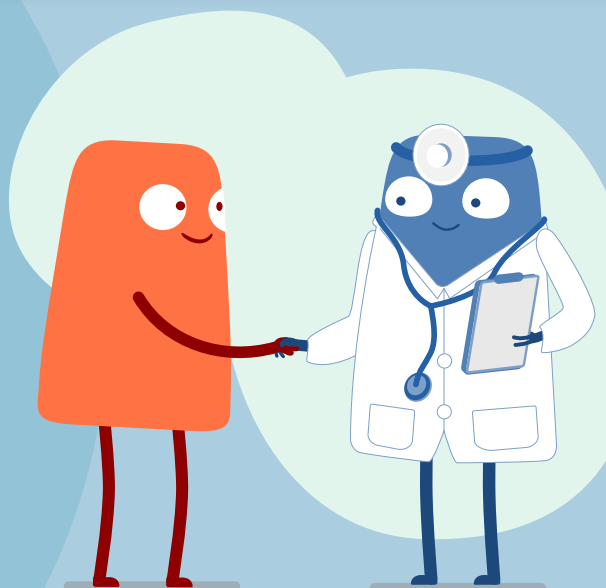
If you have any questions regarding your treatment, please visit www.careformdd.co.uk or speak to your doctor or therapist



CARE for MDD is an app designed for patients with major depressive disorder (MDD, also known as depressive disorder or clinical depression)

It should be used alongside your existing therapy and is available for download by searching 'CARE for MDD' in the Google Play Store or the Apple App Store

Adverse events should be reported. Reporting forms and information can be found at <https://yellowcard.mhra.gov.uk> or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events or Product Quality Complaints/defects should also be reported to Otsuka by emailing medical.information@otsuka-europe.com or by calling 0203 375 8575.



Finding your way

How does CARE for MDD work?

CARE for MDD is designed to help change the way you process and respond to emotions, helping you break negative thought patterns

There are three parts of the app, each developed to support you in your treatment journey:

1.

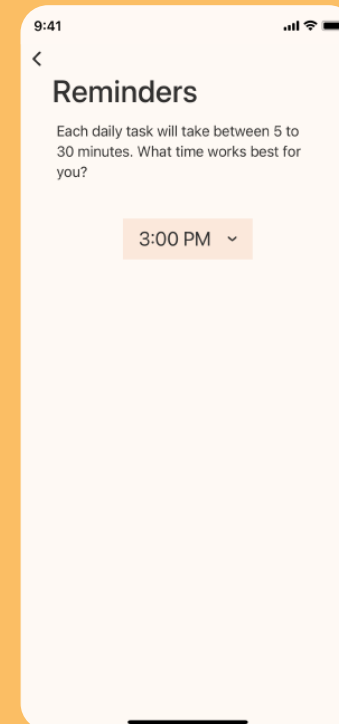
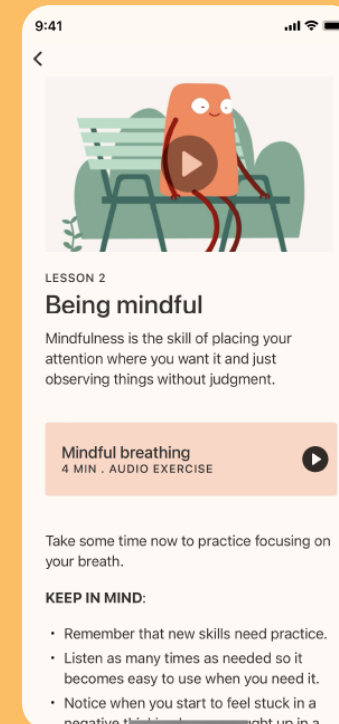
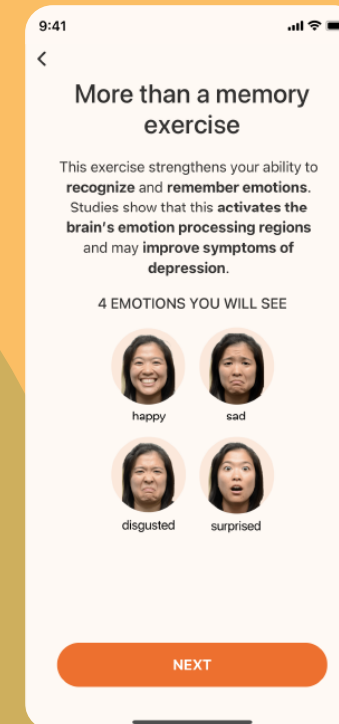
Brain exercises to help break the cycle of negative thinking

2.

Therapeutic lessons that teach you skills related to positive thinking and emotional control

3.

Text messages and in-app notifications to remind you of your treatment schedule



Helping you get there

What should you expect from your treatment?

CARE for MDD is designed to fit into your daily schedule, with the flexibility of an app meaning you can decide when to do your activities

Your treatment course lasts 6 weeks

A typical week of CARE for MDD exercises might follow the pattern below:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lesson 1	Exercise 1	Lesson 2	Exercise 2	Lesson 3	Exercise 3	Rest



Brain exercises three times per week for 6 weeks. Each exercise lasts around 15-30 minutes

Therapeutic lessons three times per week for the first 6 weeks and on demand for the next 4 weeks. Each lesson lasts around 3-4 minutes



If for any reason you miss a day, do not worry. You can catch up by doing two tasks the next day to stay on your weekly schedule. You cannot do more than two tasks per day

Along the way

Who can you contact for support?

We hope you feel supported at every step of the journey. However, if you need further support, you can:

Visit www.careformdd.co.uk

For technical assistance with the app, or more information on CARE for MDD, you can contact the CARE for MDD Support Centre: 0203 375 8575

The Support Centre is available Monday-Friday (excluding national holidays) between the hours of 09:00-17:00

If you feel that your depressive symptoms are worsening, or if you have feelings or thoughts of harming yourself or others, please contact your healthcare professional, dial 999 or go to the nearest Accident and Emergency Department immediately.

