Have you experienced a **Major Life Event** that caused you significant distress in the last five years?

**Examples of these stressful events include:**
- Physical or sexual assault
- Loss of a loved one
- End of a significant relationship
- Loss of a job/career
- War-related experiences
- COVID-19 pandemic-related losses or stressors (e.g., loss of loved one or job)

Are you experiencing any of the following symptoms?

**Depression symptoms include:**
- Feeling depressed, down, sad, or irritable
- Loss of interest or pleasure in things you used to enjoy
- Changes in your sleeping patterns
- Changes in your eating or appetite
- Trouble concentrating or making decisions
- Less energy than usual
- Feelings of guilt or worthlessness
- Feelings of hopelessness or thoughts of death

**Trauma-related symptoms include:**
- Recurrent thoughts of the stressor
- Intense feelings of fear or anxiety related to the event
- Nightmares
- Avoiding situations, people, or thoughts associated with the stressful event
- Feeling detached from others
- Jumpiness or being easily startled

You may be eligible for the PATH study, if:
- You are 18 – 65 years old.
- You have experienced a major stressful life event within the last five years.
- It has been at least 12 weeks since this event occurred.
- You are experiencing trauma-related and/or depressive symptoms.

If so, PATH may be able to help

**PATH**
Positive Processes And Transition to Health
How can PATH help me?

Although treatment outcomes vary, you may experience:

- Fewer depressive and trauma-related symptoms
- Improved mood
- Better relationships
- More enjoyment in life

How can I learn more?

Please call us at:
(302) 831-2215

Website: http://pathway2help.com/

PATH might be right for you, if:

- You have experienced a major stressful life event
- You are currently experiencing trauma-related symptoms and/or depression

PROGRAM DIRECTOR: Adele Hayes, Ph.D.
Department of Psychology