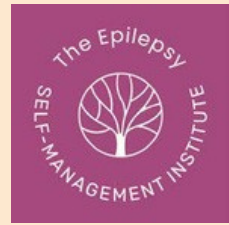




PROJECT UPLIFT

Using Practice and Learning to Increase Favorable Thoughts



What is Project UPLIFT?

UPLIFT is a program designed to empower people with epilepsy to improve their own mental health through mindfulness and cognitive-behavioral skills.

Program Details

UPLIFT includes 8, one-hour group sessions over telephone or Zoom. Sessions include 5-7 participants with epilepsy who hope to improve their mood. The program is free of charge.

Who can Participate?

- Adults over 18
- Diagnosis of epilepsy
- English-speaking
- Access to a phone/computer

What to Expect?

Enrolled participants will be asked to complete surveys at 3 points and attend 8 weekly group sessions:

- Baseline
- Attend Sessions 1-8
- Post program completion
- 6 months after enrollment
- Receive \$25 Gift Card for each assessment - up to \$75

This program is being offered by Rollins School of Public Health, Emory University.
Principal Investigator: Cam Escoffery, PhD, MPH, CHES

Participant Interest Form



EMORY
UNIVERSITY



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Managing Epilepsy
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