



# Starting out on your journey with Rejoyn

If you are reading this, your doctor or therapist has recommended Rejoyn

If you have any questions regarding your treatment, please visit [www.rejoyn.co.uk](http://www.rejoyn.co.uk) or speak to your doctor or therapist



Rejoyn is a smartphone app that has been developed to support people experiencing depressive disorder episodes



It should be used alongside your existing therapy. Your doctor or therapist will talk you through how to access the app, which can be downloaded from the Google Play Store or the Apple App Store



## Finding your way

### How does Rejoyn work?

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

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



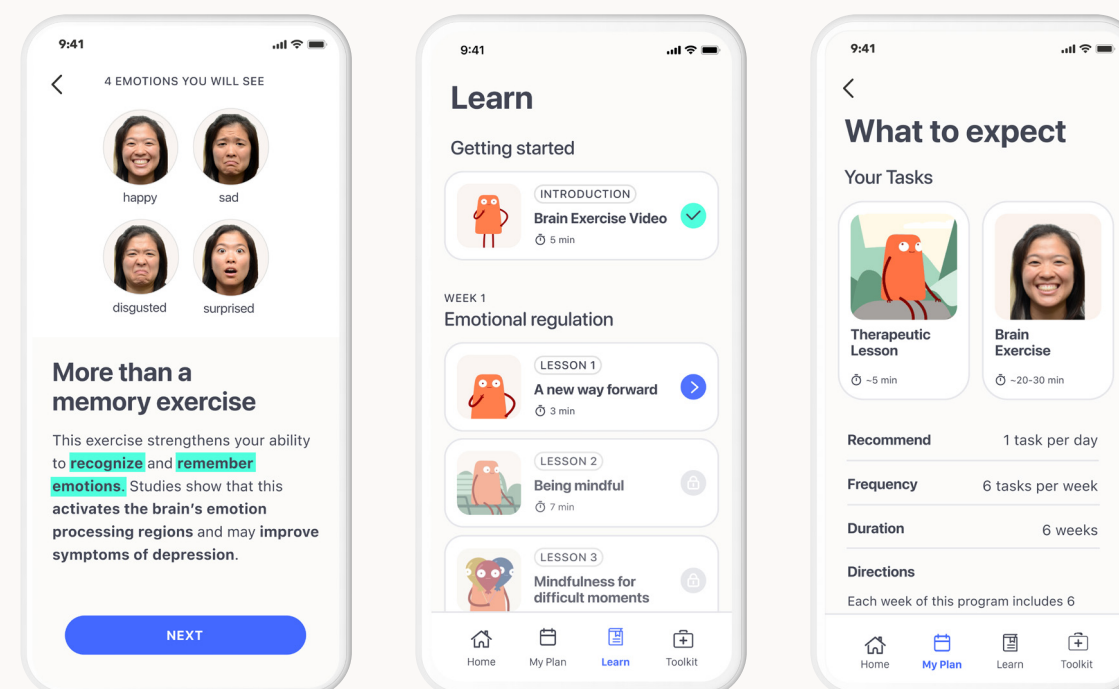
**Brain exercises** to help break the cycle of negative thinking



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



**Text messages and in-app notifications** to help you stay on top of your exercises and lessons



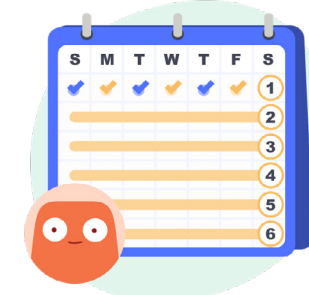
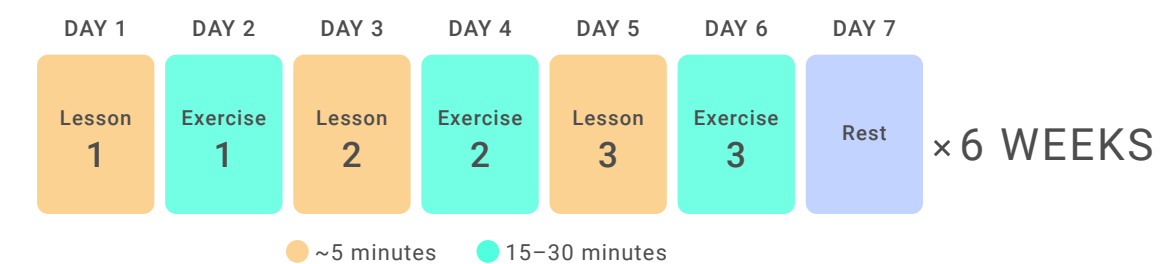
## Helping you get there

### Rejoyn is designed to fit into your daily schedule

The flexibility of using a smartphone app means that you can choose what time of day to engage with your treatment

Your treatment course lasts 6 weeks

A typical week of Rejoyn exercises might follow the pattern below:



Brain exercises three times per week for 6 weeks. Each exercise lasts approximately 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 approximately 5 minutes



If you miss a day, do not worry. You can catch up by doing two tasks the next day to stay on your weekly schedule

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. To report Rejoyn side effects or quality complaints, contact +44 (0) 808 168 6726 or [OPUKSafety@otsuka.co.uk](mailto:OPUKSafety@otsuka.co.uk).

## Along the way

### Who can you contact for support?

We hope you feel supported at every step of the journey

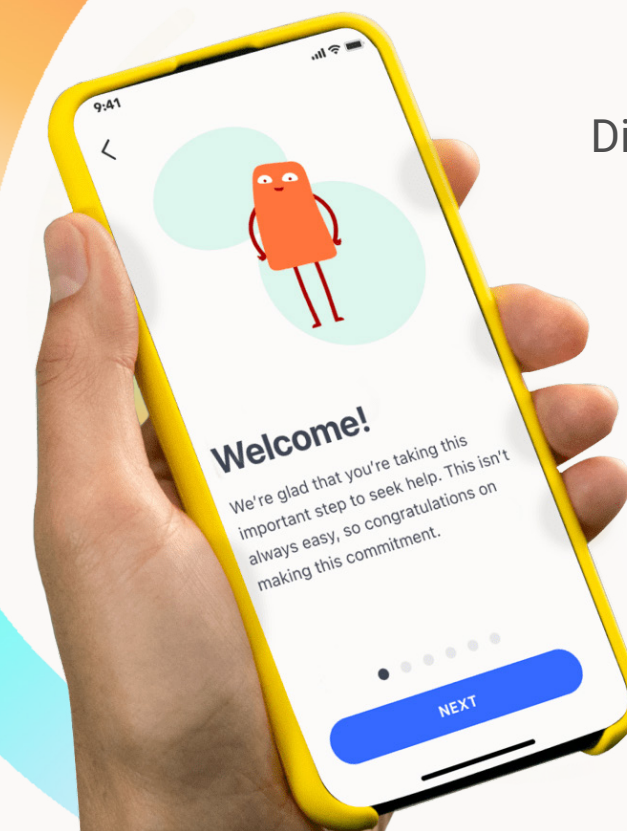


If you need further information, you can visit [www.rejoyn.co.uk](http://www.rejoyn.co.uk)

To get Rejoyn support contact

**+44 (0) 203 375 8575**

(available Monday–Friday, excluding national holidays, from 09:00–17:00)



Dial 999 or go to the nearest Accident and Emergency Department if you are experiencing a medical emergency or you are in immediate danger of suicide.