Welcome to Better BET

Better Behaviors, Emotions, & Thoughts

This website is part of a study being conducted by the University of California, San Francisco. The study is testing how effective a web-based self-help course can be in helping people manage their depression. The course is based on a therapy proven to be effective in overcoming depression. If you decide to join, here is what you can expect: Personalized, interactive lessons Tools, guides, examples, and resources that have helped many people overcome depression Lessons are easy to use and to navigate Learn and practice at your own pace Track your progress with easy-to-read graphs Use these to find out which tools work better for you. Private username and password Return to the course any time, as often as you like Your progress will be saved Learn more about this project and see if you can participate.