

Experiencing symptoms of depression?



If you are struggling with...

**A Depressed mood & loss of
interest or pleasure in
normal activities**

**You may qualify to participate
in a UTK research study.**

**Selected participants will receive
cognitive behavioral therapy via text
every other day for four weeks.
Participants will complete surveys to
determine if treatment is effective.**

**Must be between
the ages of 18-25
to participate**

Struggling with depression?

Experiencing:

- **A Depressed mood & loss of interest?**
- **Pleasure in normal activities?**

Selected individuals will get cognitive behavioral therapy through SMS. Participants will fill out surveys to see if the treatment is working.



You could be eligible to take part in a UTK research study.
#UTKnoxville

In need of help coping with depression?

You are not alone.

The University of Tennessee is conducting a research study to determine if cognitive behavioral therapy delivered via text is effective in people ages 18-24.



If you are experiencing a depressed mood and loss of pleasure in normal activities you may qualify to participate.

#mobilehealth

Environmental Sustainability Project

At Lively Root, our mission is to inspire and connect through greener spaces. The vision of our founders is to make their passion for gardens and green spaces a lifestyle. They invite families, communities, and apartment dwellers alike to enjoy not only the aesthetic of plants but the limitless health and environmental benefits they offer. Whether you've been blessed with a green thumb or you feel like you could wither a succulent with one look, our experienced horticulturalists are here to help you cultivate your own lush corner of life.

December 2019



Collaboration with Our Community

The application to start tree-planting projects in indigenous villages and public spaces was approved.

April 2020



Planted Trees

Set a new record by planting 10,000 edible fruit and nut trees to combat urban food poverty.

September 2020



First 'Tree Plant Grant'

We developed the 'Tree Plant Grant' thanks to our sponsors to assist applicants in funding green infrastructure initiatives in local communities, schools, and playgrounds.

March 2021



Greened Communities

Sponsors and committed volunteers have greened more than 5,500 schoolyards, setting a new record.

August 2021



Tree Planting Landscapes to Help

Volunteers started planting trees on hospital grounds and other healthcare and mental health facilities, expanding their efforts to include hospital landscapes.

November 2021



Planting All Over Our Communities

Over 100 different varieties of evergreen conifers were planted by our volunteers in 2022, totaling 250,000 trees.

lively root

You can help Lively Root create better living environments in your own neighborhood. Environmental Sustainability Project leaves a lasting legacy for future generations to benefit from. Your participation aids us in the development of new ideas and the completion of programs. Your assistance is critical to our success!



#EveryDropMatters

Come together with us to conserve water! The identical routine is followed by everyone when they wake up. Before you even start your day and end your day, go to the bathroom, wash your face, brush your teeth, make breakfast, wash your clothing, and wash your car, take a minute to figure out how much water is flowing from your taps.

lively
root

Community Development

In Tennessee alone, we're working in over 98 communities.
Every year, we assist approximately 2 million Tennesseans.

**Overall 2020
Investment**

\$2.5M

Lively Roots Investments



From rags to riches



Assisting children in academics



Developing healthy
communities

lively root