



Are you waiting for psychological services? Would you like to try a new tool while you wait?



You may be eligible to participate in a study providing 1-year free access to a mindfulness meditation app.

What's involved?

- Quick phone interview (~10 minutes)
- One remote appointment with an interview & questionnaires (~60 minutes)
- Online questionnaires at 2, 4, 8, and 12 weeks (~20 minutes each)

What's in it for me?

- Receive one-year free access to a paid mindfulness meditation app
- Learn valuable skills for resiliency and mental health
- Compensation for time and contribute to research at CAMH

Am I Eligible?

- Age 18 and up
- Fluent in English
- Waiting for psychological services (e.g., group or individual therapy)
- Have access to a smartphone or tablet
- Located/waiting for services in Ontario

Contact us to get started!

Phone: 416-535-8501 x 30493

Email: martlab@camh.ca

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*The security of information sent by e-mail cannot be guaranteed.
Please do not communicate personal sensitive information by e-mail.*

For information about programs and services at CAMH, please visit
www.camh.ca or call 416-535-8501 (or 1-800-463-6273)

camh

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