

Seeking Mental Health Supports for the First Time?

We want to hear your story!

What is this research about?

We want to learn about your experiences seeking support for depression; whether you're still looking for help or recently found it.

What is involved?

This research study consists of a:

- 10-minute survey
- 60-minute virtual interview
- an optional 20-minute follow-up

You will receive compensation for your time.

Who can sign up?

You may be eligible if you:

- Are 18 years old or older
- Live in Ontario
- Are currently seeking or recently found help for depression
- Read, speak, and understand English



How do I sign up?

For more information about this research study or to sign up, please contact:

designcommons@camh.ca

OR

416-535-8501 x 30132

REB#2025/089

Principal Investigator: Dr. Nelson Shen | Version 3.0, 15DEC2025

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)

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mental health is health