

# 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](mailto:designcommons@camh.ca)

OR

**416-535-8501 x 30132**

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