

The See Change Project

Does this sound like you?

“I feel sad or numb.”

“I can’t stop crying.”

“I don’t have any fun anymore.”

“I’m not eating right.”

“I’m tired all the time.”

“I feel worthless.”

“I can’t concentrate.”

“I just don’t feel like myself anymore.”

See HOPE

Depression can be effectively treated.

See HELP

The *See Change Project* at the Centre for Addiction and Mental Health (CAMH) offers 16 weeks of either antidepressant medication or cognitive behavioural therapy for depression as part of a research study funded by the Ontario Mental Health Foundation. The purpose of this study is to understand how different treatments for depression work.

Contact us

If you are between the ages of 18 and 65, think you may be depressed, and are willing to receive either medication or therapy for depression, you may be eligible to participate.

Please call us at **416 260-4199** or e-mail us at **seechange@camh.net** to book a confidential interview.

You can get help, and help us to help others, through your participation.



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

CAMH is Canada’s leading mental health and addiction organization. For more information about other CAMH programs and services, please visit our website at www.camh.net or call 416 535-8501.

