



## LOOKING FOR PARTICIPANTS

Our clinic is looking for participants for a quality improvement project.

### Cognitive Behavioral Therapy (CBT) Study



We are looking for individuals aged 18 or older, who have been diagnosed with depression, to participate in a quality improvement project, focused on evaluating the effectiveness of 1:1 Cognitive Behavioral Therapy.

### Eligibility Requirements



Are 18 years of age, have been diagnosed with depression, and are willing to participate in weekly sessions.

### Benefits of Participation in CBT Study



- Receive personalized therapy in 8 weekly FREE 1:1 sessions from trained professionals
- Learn strategies to manage depression symptoms
- Contribute to advancing mental health research

## WE WILL TAKE CARE OF YOUR HEALTH.



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