

1 in 3 Canadians Report Struggles with Mental Health

Have you been feeling down, sad, blue?

Are You Someone Who:

- Is between 40-75 years of age?
- Think you may be depressed?
- Is not currently using recreational drugs?

You May be Eligible for FREE Cognitive Behaviour Therapy (CBT)¹ for Depression

We are offering FREE CBT for depression to eligible individuals and studying how the brain changes in response to CBT, using brain imaging. **The participant would be required to visit Baycrest for two MRI brain imaging sessions. Fifty-minute, weekly individual CBT sessions will be completed virtually for 12 weeks.**

To learn more, please email:
cbtTrial@research.baycrest.org

Baycrest

Rotman Research Institute

¹CBT is an evidence-based, gold standard talk therapy for depression.