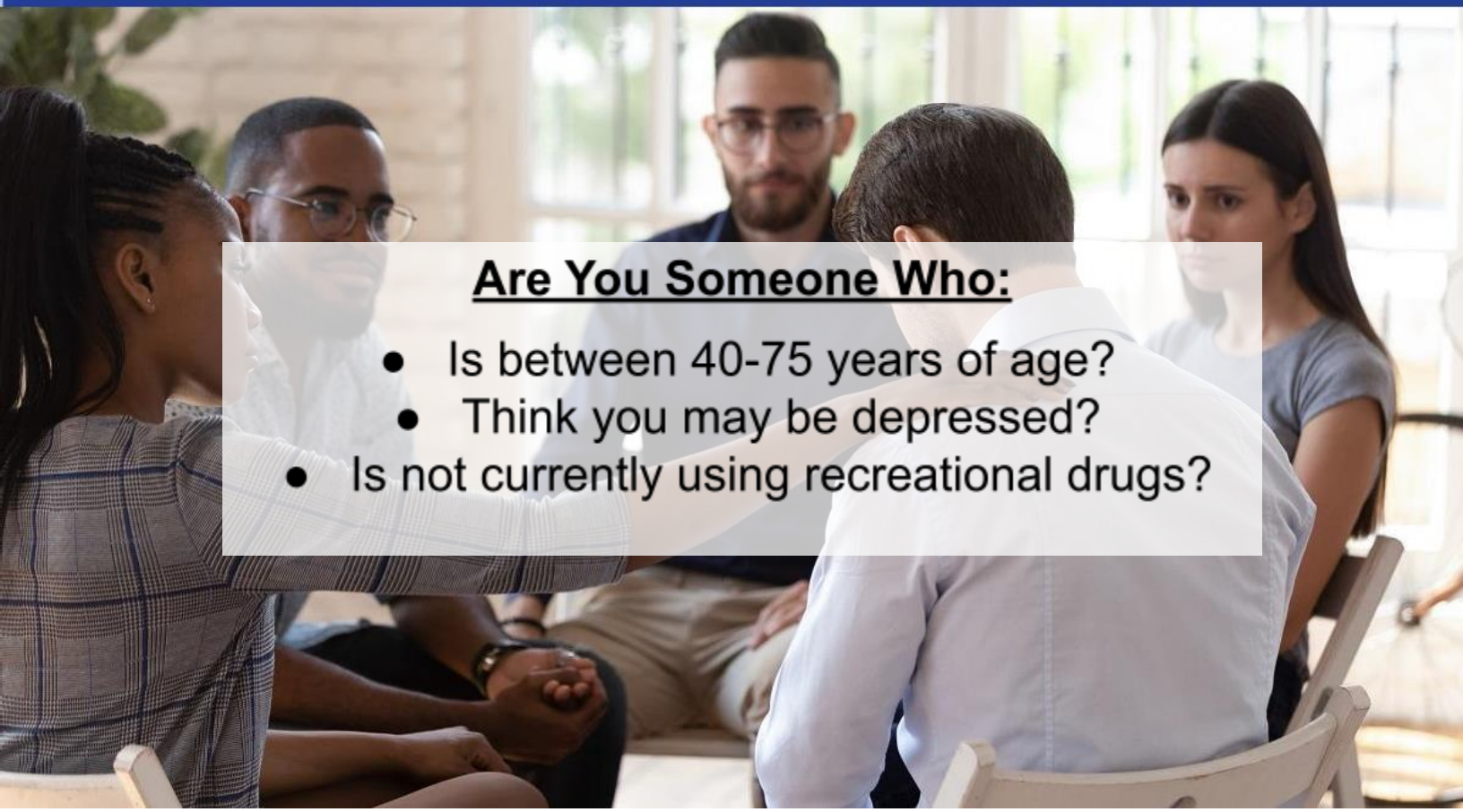
1 in 3 Canadians Report Struggles with Mental Health

Have you been feeling down, sad, blue?



You May Be Eligible for FREE Virtual Cognitive Behaviour Therapy (CBT)* for Depression

We are offering eligible participants free CBT while studying how the brain responds to therapy using advanced imagery. Participation involves twelve 50-minute CBT weekly sessions and two visits to Baycrest for brain scans and related assessments.

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

Baycrest

*CBT is an evidence-based gold standard psychotherapy (talk therapy).