

Online Mental Health Treatment Study recruiting participants now



- Have you **hurt yourself** in the past 3 months?
- Have you **wanted to end your life** in the past 3 months?
- Are you seeking or receiving **treatment** the TANG center?

You may be eligible if you are:

- between 18-65 years old
- a student at UC Berkeley
- Receiving psychiatric treatment at UC Berkeley Counseling and Psychological Services
- Live in California

If eligible, you may be compensated up to \$35.

Call the UC Berkeley CALM Program for more information:

(510) 542-8241

UCcalmtreatment@gmail.com

Taking part in this program or not will not influence your care at CAPS. Other non- research tools for managing your mood are available online (e.g. MoodGYM, Talkspace).