



CARIBOU Project

**STUDYING TREATMENT
FOR YOUTH WITH
DEPRESSION**

camh

Cundill Centre for Child
and Youth Depression

WHAT IS RESEARCH?

Research is a collection and exploration of information that provides us with a better understanding of an important topic. You might think of a lab with test tubes and microscopes, but it can also mean filling out questionnaires and talking to people about your experiences. That's research too!

WHY PARTICIPATE IN RESEARCH?

Sharing knowledge about your perspective is very valuable. As a young person experiencing mental health and/or substance use challenges, you can make a positive impact on the care of other young people, which can feel rewarding!

So what is the CARIBOU Project?

We want to know what types of treatment work best for young people with depression.

By participating in this research project, you will have access to one of two types of care. When we compare the two different types of care, we can measure which one is more helpful for young people, and then we can make recommendations to make sure that youth in the future have access to effective treatment options!

By participating in this research project, you will have access to treatment for depression and will work with our research team to complete questionnaires and interviews every 4 to 12 weeks for approximately 1 year.

Each time you complete the interviews with the research team, you will be given compensation as a thank you for participating.

If I participate, what can I expect?

Will my parents be involved?

It is **completely your choice** if you would like to involve your parents or other caregivers in your treatment. You can choose their level of involvement, and you can always change your mind.

Your caregiver will receive compensation every time they participate in research sessions.

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For information about programs and services at CAMH, please visit www.camh.ca or call 416-535-8501 (or 1-800-463-6273).

Remember:

If you ever have any feedback about your experience with the project, we encourage you to share with our team or agency staff so we can try to make your experience as helpful as possible! If you ever want to leave the research project, you can let the research team know and they will help you with the next steps. You would still be offered typical care for depression.

More Info:

If you have any questions or are interested in being involved in this project, please contact:

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