



## Care when you need it, wherever you are.

Looking for online counseling? The University of Washington, in partnership with Talkspace, is conducting a research study to better understand the effectiveness of digital psychotherapy. Participants will be asked to complete 9 weeks of text-based therapy and will be asked questions about their mood 3 times during those 9 weeks. Participants receive up to \$15 in Amazon gift codes as an incentive (\$5 per assessment).

To participate in this study you must be:

- Age 50 or older
- English-speaking
- Experiencing symptoms of anxiety or depression
- Able to text

Help us learn how technology can improve mental health care.

Visit our website at [study.talkspace.com/1](https://study.talkspace.com/1)



UW CREATIV Lab