

The See Change Project

Does this sound like you?

“I feel sad or numb.”

“I can’t stop crying.”

“I don’t have any fun anymore.”

“I’m not eating right.”

“I’m tired all the time.”

“I feel worthless.”

“I can’t concentrate.”

“I just don’t feel like myself anymore.”

Français au verso



See HOPE

Depression can be effectively treated.

Two of the most common and effective treatments for depression are antidepressant medication and cognitive behavioural therapy.

What is antidepressant medication?

Many medications are available and effective in the treatment of depression. Most medications take effect within two to three weeks, although you may see improvements in your mood, motivation, and energy before that time. Side effects may occur as well. Treatment often requires dose adjustment during the initial stages to maximize therapeutic benefit and minimize side effects. In our study, we use established antidepressant medications, chosen to best match your specific clinical needs.

What is cognitive behavioural therapy?

Cognitive behavioural therapy is an intensive short-term therapy for depression. Cognitive behavioural therapy can help you to become aware of how attitudes, beliefs and thoughts create and sustain depressive symptoms. Treatment builds on the age-old wisdom that “how you think can influence how you feel” to help patients become aware of any self-defeating thinking styles and behavioural patterns which can contribute to their feelings of depression.

See HELP

The *See Change Project* offers 16 weeks of antidepressant medication or cognitive behavioural therapy for depression as part of a research study funded by the Ontario Mental Health Foundation. The purpose of this study is to understand how different treatments for depression work.

The *See Change Team* is a group of qualified researchers, including psychiatrists, psychologists and research analysts, at the Centre for Addiction and Mental Health (CAMH). CAMH is Canada’s leading mental health and addiction organization, integrating specialized clinical care with innovative research, health promotion, policy development, and education.

We’re here to help.

See OPPORTUNITY

You can get help, and help others through your participation.

This treatment may lead to:

- an improvement in your depression
- a prevention of future episodes of depression
- new knowledge to improve our treatments for depression.

If you are between the ages of 18 and 65, think you may be depressed, and are willing to receive either medication or therapy for depression, you may be eligible to participate.

See TRANSFORMATION

Join CAMH in transforming the lives of people affected by addiction and mental illness.

Please call us at 416 260-4199 or email us at seechange@camh.net to book a confidential interview.

For more information about other programs and services at the Centre for Addiction and Mental Health (CAMH) please visit our website at www.camh.net or call 416 535-8501.



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