

BLUE SKY PROJECT



“I used to be happy”

“I feel worthless”

“I don't have fun seeing my friends”

“I'm not getting anything done”

“I can't seem to focus”

“I'm always tired”

“I can't stop crying”

“I can't seem to eat properly”

“I just don't feel like myself anymore”

Does this sound like you?

If you are between 18 and 29, you may be able to get help by being part of a treatment research study of depression. You can get help, and help others through your participation in Blue Sky Project. **Contact us at 416-979-4294 or visit www.blueskyproject.ca.**

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

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