



Are you often anxious, worried, or down?

Do these feelings interfere with your work, school, or family life? Researchers are conducting a treatment study on understanding the best way to plan care for people with anxiety and depression. This research study involves a diagnostic interview, up to 12 therapy sessions, two follow-up assessments, and weekly questionnaires.

You may be eligible to participate if you:

- Are over 18 years old
- Are NOT diagnosed with bipolar disorder
- Are NOT regularly using substances (opioids, methamphetamine)

Participants will receive:

- Up to 10 sessions of therapy (i.e., skill building, not medication) at no cost
- Compensation (up to \$50) for completing study assessments



For more information:
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