

## Improve Your Mental Health

The Injury Prevention Research Unit (IPRU) at the University of Otago invites you to consider taking part in a NZ-wide trial to test a set of self-help interventions to reduce depression and related problems in our communities. The trial is known as **Recovery via Internet from Depression** or **RID**.

We are looking for at least 700 volunteers to take part in this study over a two year period and invite you to have a look at the RID trial web site at: http://www.otago.ac.nz/rid. If you have any questions, please email us at rid@ipru.otago.ac.nz.

<b>*</b>									
RID Trial, University of Otago http://www.otago.ac.nz/rid Email: rid@ipru.otago.ac.nz	ID Trial, University of Ota ttp://www.otago.ac.nz/r nail: rid@ipru.otago.ac.n	University of Ota ww.otago.ac.nz/r @ipru.otago.ac.n	Trial, University of Ota p://www.otago.ac.nz/r ail: rid@ipru.otago.ac.n	University of Ota ww.otago.ac.nz/r @ipru.otago.ac.n	Trial, University of Ota p://www.otago.ac.nz/r ail: rid@ipru.otago.ac.n	ID Trial, University of Ota ttp://www.otago.ac.nz/r nail: rid@ipru.otago.ac.n	RID Trial, University of Otago http://www.otago.ac.nz/rid Email: rid@ipru.otago.ac.nz	RID Trial, University of Otago http://www.otago.ac.nz/rid Email: rid@ipru.otago.ac.nz	RID Trial, University of Otago http://www.otago.ac.nz/rid Email: rid@ipru.otago.ac.nz