

## Invitation

# We Need Your Help to Help People with Depression

Recovery via Internet from  
Depression  
RID Trial (2006 to 2010)

<http://www.otago.ac.nz/rid>

Email: [rid@ipru.otago.ac.nz](mailto:rid@ipru.otago.ac.nz)

Injury Prevention Research Unit Dunedin  
School of Medicine, University of Otago

We are testing 2 proven web-based self-help programmes to reduce depression and related mental health problems.

To help us "test" how well the programmes work, we need at least 700 people from New Zealand to take part. By taking part you may help yourself and others.

If the programmes are shown to be helpful, they may be made available free to everyone in New Zealand who needs them.

