

Are you a healthcare worker who worked during the COVID-19 pandemic?



Our research team is currently seeking Michigan healthcare workers who are interested in participating in a two session intervention study and are experiencing at least mild anxiety or depression. The goal of our research is to better inform resources for frontline workers during health crises.

Who is eligible? Non-administrative, clinical employees in medical settings who have consistent access to a video capable device (e.g., computer, tablet, cellphone) and internet.

How much time will this take? In total, you would attend three, one hour sessions with a researcher. You would also be asked to complete a 25-35 minute, online survey 8-11 times over a period of 15-17 weeks.

Who should I contact if I am interested? You can contact the research team for more information, or to participate, at COVID19Interventions@gmail.com or at 269-290-1430.



Receive two, free therapy sessions and earn \$25!



Approved by Western Michigan University's IRB

