

## WHAT TO EXPECT

### Participants will be...

- Asked to participate in an in-person interview
  - Once a year for five years
  - At the clinic or a place of your choosing
  - Lasting aprox. 4hrs
- Asked to complete questionnaires on their own time (aprox. 2hrs)
- Be invited to volunteer for additional assessments



\*Possibility of completing in several sessions and at the place and time of your choice.

\*Please note that, like most research projects, we will offer financial compensation for your time and travel

## CONTACT



**Phone:** (438) 832-4512

**Email:** [bloom.eclos@ssss.gouv.qc.ca](mailto:bloom.eclos@ssss.gouv.qc.ca)

## GENERAL INFORMATION

**Email:** [info@ceymh-cesmj.ca](mailto:info@ceymh-cesmj.ca)

**Website:** <https://ceymh-cesmj.ca/bloom/>

In collaboration with



Financed and facilitated by



## Are you a parent?

You can help us by participating in our research project!



# CENTRE OF EXCELLENCE IN YOUTH MENTAL HEALTH (CEYMH)



The Centre is founded on the following strategic principles:

- Training health professionals, scientists & people with lived experience of mental health difficulties
- Improving social and health policies
- Making connections between what happens in clinics, hospitals and research



The CEYMH is currently hosting multiple research projects and has more than 20 employees and students. We also collaborate with 20+ researchers in various areas of research.



## OUR AIM

We are currently establishing two groups of young people and families, one made up of service seekers and the other of participants who are not service seekers but who may be facing adversities.

We will be following them over the long term to address the following questions:

- Can onset of serious mental health issues (such as depression or bipolar disorder) among youth be predicted via early identification?
- Can we improve the process of getting early help by training people and using specialized tools ?
- Is it possible to provide the right care at the right time and facilitate access to care?



## ELIGIBILITY TO PARTICIPATE

- Have a child/children between 9 and 25 years old with no mental health diagnosis
- Able to speak and read English and/or French



## POSSIBLE BENEFITS OFFERED TO ALL PARTICIPANTS

- Educational activities about mental health
- Leisure activities (sport, art, group activities...)
- Yearly workshop event about mental health
- Activities to help develop resilience

