

McMaster University is conducting a research study to determine if women who receive an online peer-delivered CBT-Informed support for postpartum depression improve more than women who receive standard healthcare.

Participation in the study does not guarantee you will receive the intervention - 50% of women enrolled in the study receive the online CBT-Informed peer-delivered intervention.

**For more information
please email:
peercbt@mcmaster.ca**



You may be eligible if you are living in Southern Ontario, 18 yrs+ and have a baby under 12 months.