



Do you often feel like **gambling?**

Do you feel **sad, down, or depressed?**

Do you have little interest in doing things?

Are you 14-40 years old?

YOU CAN HELP

We have built a web-based app to support you. This app has been designed to help you change what you do so that you can feel better. If you want to help us, you will be asked to use the app for a few weeks and then we will interview you to gather your opinion.

You will be compensated for your time



To learn more: donamic.ca

Email: team@donamic.ca

Phone: Sharlene at 902-470-3912 or 1-877-341-8309



Centre for Research
in Family Health



**DALHOUSIE
UNIVERSITY**
Inspiring Minds



CIHR IRSC
Canadian Institutes of Health Research
Instituts de recherche en santé du Canada