

# Being a Teenager Can Be Stressful!



University of Louisville & other leading universities are participating in the PATH2Purpose (P2P) research study: A free, voluntary program for teenagers who want to improve mood and learn coping skills



We are inviting teens with fluctuating moods to complete a survey to see if they are eligible for the P2P study



Teens in the study will be asked to join one of two groups: One is an internet-based program (CATCH-IT) and the other is an online group (TEAMS) to learn strategies to cope with negative thoughts and the daily stresses of life



Parents will learn about what their teen is learning and what steps they can take to promote well-being



You may be able to take part in the study if you are:

- ☐ Currently seeing a doctor through Norton Children's Medical Group
- ☐ Between 13 & 18 years old AND frequently feel sad, worried, &/or nervous
- ☐ Not currently in therapy OR taking psychiatric medication
- ☐ Not currently diagnosed with depression, schizophrenia, substance use, or bipolar disorders OR if you have had a previous psychiatric hospitalization



What else do I need to know?

- ☐ Teens & parents will receive compensation for participation
- ☐ Participants are free to withdraw at any time
- ☐ Primary Care Providers (PCP) will be aware of participants' involvement in the study

If you have questions or want to schedule a screening, contact us by phone or email:

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