



Participate in an Ontario-wide trial of a virtual platform to improve access to treatment for depression and anxiety during pregnancy and postpartum.

MOVIN



womensacademics.ca/active-studies/movin

**Pregnancy and Postpartum
Mental health Optimization
Virtual Intervention Network**

A partnership with five Ontario health institutions



You may be eligible if you:

- Are 18 years of age or older
- Are a resident of Ontario
- Are currently pregnant OR have a baby less than 6 months old
- Have symptoms of depression or anxiety

**We welcome birth and adoptive parents in all their diversity, including cis-women, non-binary and transgender individuals.*

FOR MORE INFORMATION

The Pregnancy and Postpartum

Mental health Optimization Virtual Intervention Network (MOVIN)

www.womensacademics.ca/active-studies/movin

Email: movin@wchospital.ca

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