

Are you, or someone you know:

- Aged 13 – 17
- Living with low mood or depression
- Interested in taking part in research that may help

If so, why not get in touch with the READY Trial to find out more:

- Email: readytrial@herts.ac.uk
- Website: www.readytrial.co.uk/contact/
- Twitter: [@READYTrial](https://twitter.com/READYTrial)



R.E.A.D.Y.
Activity Depression