

## Re-Booting Mental Health: Behavioral Intervention Technologies to Combat Depression

with Stephen Schueller, Assistant Professor in the Department of Preventive Medicine  
Feinberg School of Medicine, Northwestern University



**Wednesday**  
**December 2, 2015**  
**6:30 - 8:00pm**

**The Firehouse Grill**  
**750 Chicago Avenue**  
**Evanston**

Nearly 70 million Americans each year will experience depression or anxiety but only about 20% will receive any treatment. Barriers to treatment include costs, time, access, and stigma associated with mental health treatment. In response, many researchers and healthcare systems have turned to technology-based treatment interventions, such as Internet websites and mobile apps, as alternatives to traditional face-to-face treatments.

At the Center for Behavioral Intervention Technologies (CBITs) at Northwestern University, we create, deploy, and evaluate a host of these interventions. Stephen Schueller will present several CBITs projects that focus on innovative uses of technology to detect and treat depression, highlighting how technology can contribute to sustainable, scalable, and personalized solutions for mental healthcare.

Visit [cbits.northwestern.edu](http://cbits.northwestern.edu) for more information.