



MOVIN

Pregnancy and Postpartum Mental health Optimization Virtual Intervention Network

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

What is this study about?

The Pregnancy and Postpartum Mental health Optimization Virtual Intervention Network (MOVIN) is an online program created by reproductive mental health experts.

The MOVIN platform assesses and supports pregnant and postpartum individuals with depression or anxiety, offering resources and treatment for recovery.

You may qualify if you:

- Are 18 years of age or older
- Live in 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

Scan the QR code or email movin@wchospital.ca

womensacademics.ca/active-studies/movin

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