



# Clinical Study of a smartphone app to monitor your mental well-being

Are you currently pregnant or have just given birth?

Do you have a GP in Nottinghamshire?

Would you like to help test an app designed for  
monitoring perinatal mental health?



Use the app for 20 minutes every week for 12 weeks and  
attend a few clinical interviews



£60 for Giving up your time



[TrueBlue@nottingham.ac.uk](mailto:TrueBlue@nottingham.ac.uk)



0115 748 6749