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RE: Exciting new online therapy program for cardiac clients

To Whom It May Concern:

My name is Luke Schneider and I am a PhD student in the clinical psychology program at the University of Regina. I am writing to inform you about a new online depression and anxiety management course offered by the Online Therapy Unit. The program I am offering is called the Cardiac Wellbeing Course and it is a **free** web-based course which is based on Cognitive Behavioural Therapy, which is an evidence based psychological treatment for the management of depression and anxiety.

Participation is best suited for people who:

- 1) Have experienced an **acute coronary event** within the last 24 months (heart attack, angina)
- 2) Are experiencing **symptoms of anxiety and/or depression**
- 3) Are 18 years of age and older and who reside in Canada

This study has been approved by the Institutional Review Board at the University of Regina. If you have any questions please contact me at (306) 585-4203 or at Luke.Schneider@uregina.ca

Sincerely,



Luke Schneider, Primary Researcher

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