



Invitation

Kia ora Hello Neih hou Talofa lava Neilhou Lay ho Fakalofa lahi atu, Ho yat Ngh on
Hokomenetai Jou san Kia orana Ni hao Nin hao Nimen hao Talofa malo Bula vinaka
Bonjour Namaste Guten Tag Malo e lelei Hallo Annyong haseyo Konnichi wa Buenos
Dias Goeie dag Ciao Zdravstvuite

RID



At the University of Otago we are conducting a trial called "Recovery via Internet from Depression (RID)" to find out if some self-help programmes can reduce or prevent depression and improve well-being in our communities.

We would like to take this opportunity to invite you and your family and friends to visit our trial web site at www.otago.ac.nz/rid to find out more about this trial and consider taking part. The trial is open to everyone living in New Zealand.

About 1 in 6 people in our communities experience mental illness, but only about half come in contact with any health services.

To prepare for the trial, we have conducted focus groups with Māori, Pacific, Asian, and NZ European/Pakeha from our local communities in Dunedin and Christchurch, to find out their views on depression, its impact, and taking part in such an online trial. So far we have incorporated many of the suggestions we received in the design of our trial site.

Soon it will be possible for people to enrol for this trial through the RID web site, so please check it.

If you have any questions or comments about the trial or wish to register for it, please contact us at rid@ipru.otago.ac.nz

With best wishes from the RID Team

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