



Interested in  
learning how  
technology can  
assist with Mental  
Health Care?

Try TECC

Technology Enabled Clinical Care

## What's TECC?

**This research study includes eight sessions of face to face clinical care infused with digital technology.**

Each session exposes participants to a new clinical skill (Mindfulness, Cognitive Behavioral Therapy, and more)

What you get:

- **Eight therapeutic sessions** with a Licensed Clinical Social Worker and/or Psychiatrist.
- Exposure to 8 different **therapeutic interventions**
- Use of a research developed **smartphone app** during and after participation

### Location

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- All TECC sessions will be conducted over a HIPAA compliant video platform

### Are you eligible?

- Age 18+
- Mild to moderate depression and/or anxiety
- Have a health care provider affiliated with BIDMC

**If you are unsure if you meet the requirements, please email a study team member:**

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