

# JOIN THE COMPASSION COMPASS STUDY!

## DISCOVER WAYS TO SUPPORT YOUR MENTAL HEALTH AFTER A DEMENTIA DIAGNOSIS

### WHO CAN PARTICIPATE?

#### YOU MUST:

- HAVE RECEIVED A DEMENTIA DIAGNOSIS
- BE FLUENT IN ENGLISH AND LIVE IN THE UNITED STATES
- HAVE INTEREST IN COMPLETING AN ONLINE SELF-HELP PROGRAM WITH YOUR INFORMAL CAREGIVER

"I can't tell you how impactful this was. I've had therapists tell it to me before, and it just has never sunk in...it has made my whole life a lot calmer."

COMPLETE OUR  
SCREENER:



RB.GY/1XI85N

Earn up to \$60 for participating!

Questions?  
Email: [gavin.green@usu.edu](mailto:gavin.green@usu.edu)



visit:  
<https://utahact.com/CompassionCompass>



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