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

- 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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