

Hello everyone, we, a research group at the University of Amsterdam have created a new short digital intervention - PsySys - that aims to help you better understand your mental health. Participate in our study and be among the first people to try out PsySys. The session is free and takes about **30 minutes**. Sign up, get better, and help us shape the future of mental healthcare.

Scan the QR code on the poster or click on the following link to enter:

[https://uva.fra1.qualtrics.com/jfe/form/SV\\_bwKij8ohK7yordQ](https://uva.fra1.qualtrics.com/jfe/form/SV_bwKij8ohK7yordQ)