





ARE YOU EXPERIENCING INTENSE EMOTIONS?

You and your partner may be eligible to participate in an online research study at York University

We are looking for people who struggle with intense emotions and suicide/self-injury thoughts and behaviors and their romantic partners who are 18 years old and up who:

- Are willing to complete questionnaires and interviews about emotions, thoughts, and behaviours
- Are able and willing to complete a brief measure of their emotions, thoughts, and behaviours every day on their smart phone for 4 weeks

