



The University of Texas at Austin
Dell Medical School

Ride the wave. Reach the calm.

Help us shape a new tool to support youth well-being.

We are conducting a **research study** to collect feedback on our app **Wise mind Advocate: Voice diaries for Emotion regulation** - a.k.a. **WAVE**.

WAVE will be your “wise mind” angel that listens to you, learns about you, and suggests you a way forward.

WAVE will remind you that beyond every wave is the calm of the ocean.

WAVE is waiting for:

- Youth **ages 12-19** with ...
- ... low to medium risk **suicidal** thoughts,
- ... no recent suicide attempts,
- ... know Dialectical Behavior Therapy (DBT),
- ... and engaged in mental health care.

If you come onboard, you will:

- have a 60-min video call
- answer some short surveys
- use WAVE for 4 weeks
- earn gift cards (\$80 max) for participation

**To ask
questions
& apply:**



<https://redcap.link/wave-pilot-recruit>

Your safety is our priority. We are here to support you. We are mandated to follow up if you tell us you're feeling unsafe, to help connect you with immediate care if needed. **(24/7 Crisis Lifeline: 988 - call or text)**