

# TRIUMPH: Transforming your Mental Health through Prayer and Healing



If you or someone you know is struggling with **stress, anxiety, or loss**, we invite you to contact us about the [TRIUMPH research study](#) at Columbia University Irving Medical Center.

We are working with **Black Churches** in New York City to identify community members who are at risk of experiencing depression. **Community Health Workers** from each church will conduct a screening survey that lasts about 15 minutes to assess your eligibility for the study. Adults ages **18 and older** who live in the 5 boroughs of NYC are eligible to participate.

This study is being led by Drs. Sidney Hankerson and Olajide Williams from the Columbia University Irving Medical Center. All study activities are being conducted **virtually through Zoom or telephone**.

Participants that are enrolled in the study are eligible to receive a Target Gift Card.

Please contact us to learn more. **Please include your name, church affiliation, telephone number and best time to reach you in your message.**

**Email:** [psy\\_triumph@cumc.columbia.edu](mailto:psy_triumph@cumc.columbia.edu)

**Phone:** (646) 774-6459