

Help when you need it. Where you need it.



In these unprecedented times, we know many of you are experiencing anxiety related to the impact of COVID-19 in your lives and communities. We want to make you aware of a new program that is being offered by the Government of Ontario — called **AbilitiCBT**.

The program addresses generalized anxiety, depression, and anxiety symptoms related to the uniquely challenging aspects of pandemics: uncertainty, isolation, caring for family and community members, information overload and stress management.

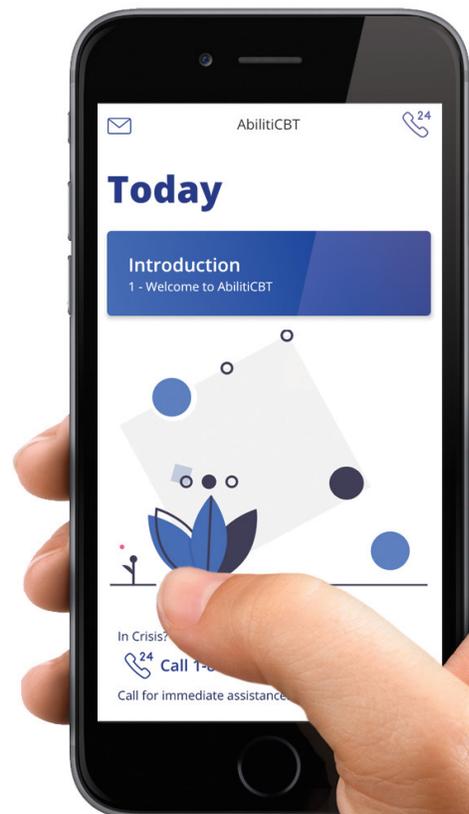
AbilitiCBT is offered at no cost to you.
Learn more at ontario.abilitiCBT.com

What is AbilitiCBT?

AbilitiCBT is cognitive behavioral therapy (CBT) guided by a therapist through a digital platform accessible from home.

CBT is proven to be one of the most effective and efficient therapy methods. AbilitiCBT is uniquely effective because it virtually pairs you with a professional therapist that supports you through your program.

NOTE: The Ontario government has launched AbilitiCBT to all Ontario residents for free as part of its expanded mental health support to Ontarians. You can view the full list of available mental health resources [here](#).

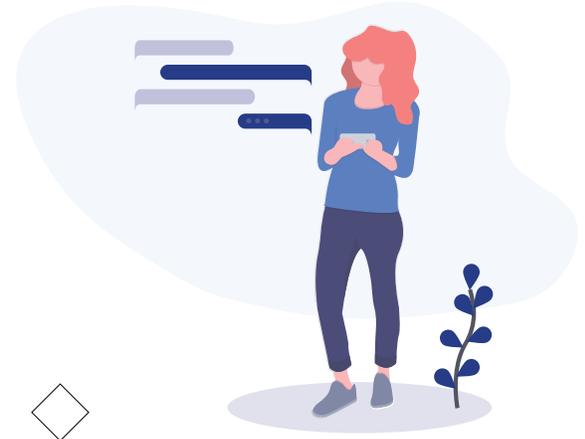


AbilitiCBT
by Morneau Shepell

How does AbilitiCBT work?

It's virtual therapy.

- Your AbilitiCBT program starts by assessing your needs through an online questionnaire and consultation with a professional therapist — either by phone or video.
- Then, you move through 10 modules — at your own pace — while the therapist tracks and monitors your progress.
- There are scheduled check-ins along the way to make sure you're getting the help you need. You can connect with your therapist by phone, video, or chat. You, along with the support of your therapist, determine how many check-ins you'd like — it's up to you.



Why use AbilitiCBT?

It works.

AbilitiCBT is clinically effective — studies have shown that internet-based CBT is as effective as face-to-face therapy. Get all the benefits of in-person therapy without meeting in-person.

It's accessible from home.

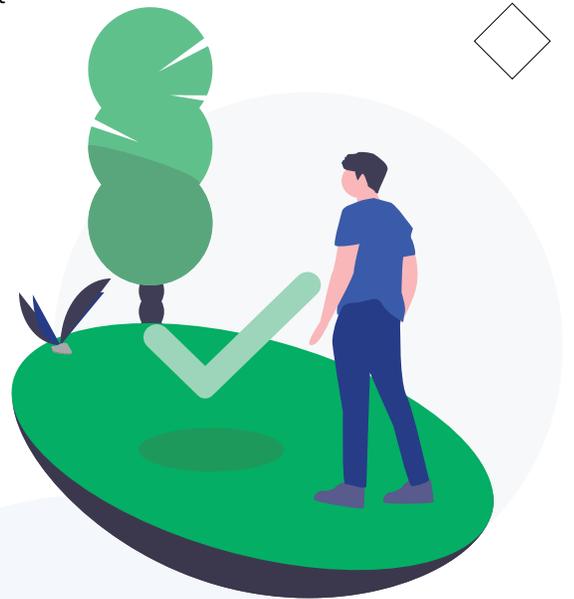
With the requirements to self-isolate and practice physical distancing associated with a pandemic, AbilitiCBT is a convenient way to get support while you must remain at home. You access AbilitiCBT through the AbilitiCBT app, using a smartphone or tablet. The app complies with Web Content Accessibility Guideline (WCAG) 2.0.

It's convenient.

Tackle as much or as little of a module as you have time for — your progress is saved, so you can pick up where you left off the next time you access the program.

It's confidential.

Morneau Shepell handles your request and tracks your progress — your personal information will never be shared.



Learn more.

Go to ontario.abilitiCBT.com

