



Introducing AbilitiCBT

In these challenging times, you may be looking for ways to support people as they struggle with mental health issues.

Morneau Shepell's AbilitiCBT can help with a suite of programs designed to provide help when people need it, where they need it.

AbilitiCBT is internet-based cognitive behavioral therapy (iCBT) guided by a professional therapist through a digital platform accessible anywhere.

AbilitiCBT combines the convenience of virtual access with the same benefits of in-person therapy to provide meaningful mental health support to people struggling with **anxiety**, **depression**, **insomnia** and **pain management**.

AbilitiCBT also includes a program specifically designed to address **anxiety symptoms related to the COVID-19 pandemic**, with content tailored to its uniquely challenging aspects: uncertainty, isolation, caring for family and community members, information overload and stress management.

Why choose Morneau Shepell's AbilitiCBT?

It works.

- AbilitiCBT is clinically effective. It starts with a needs assessment through an online questionnaire and consultation with a professional therapist — either by phone or video.
- Individuals move through 10 modules, at their own pace, while the therapist tracks and monitors progress. There are scheduled check-ins along the way by phone, video or messaging.

It's accessible from home.

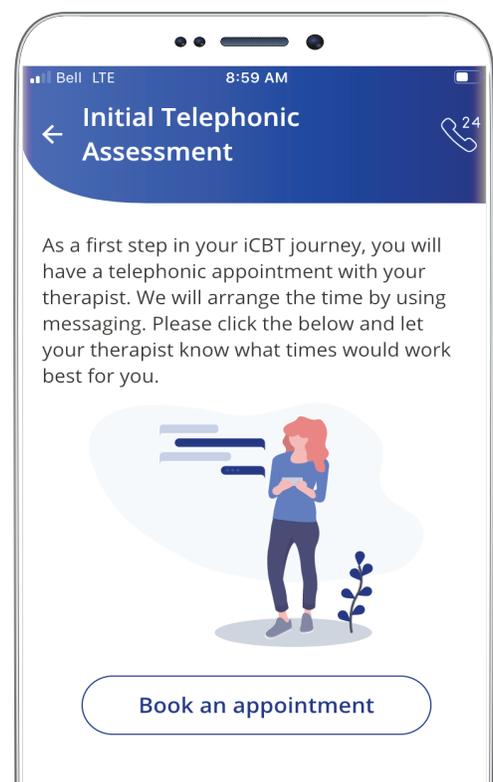
- AbilitiCBT is a convenient way to provide support to people from the comfort and privacy of their home.
- AbilitiCBT is accessed through the AbilitiCBT app, using a smartphone or tablet or on a computer using the web version. It complies with Web Content Accessibility Guideline (WCAG) 2.0.

It's supported by experts.

- AbilitiCBT therapists are regulated health professionals or members of a professional college/association.
- All AbilitiCBT therapists:
 - Are registered social workers or psychotherapists
 - Have successfully completed an intensive screening process with reference checks
 - Are well-versed and experienced CBT practitioners

It's confidential.

- Morneau Shepell handles all requests and progress tracking.
- Personal information is never shared.



To learn more:

Visit myicbt.com or contact us at: iCBT@morneaushepell.com

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