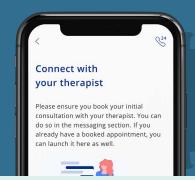
## Welcome to AbilitiCBT: Help when you need it. Where you need it.



In these unprecedented times, you may be experiencing anxiety related to the impact of COVID-19 in your lives and communities. AbilitiCBT is a digital mental health therapy program that addresses anxiety symptoms brought on by the challenging aspects of the pandemic: uncertainty, isolation, caring for family and community members, information overload and stress management.

This document provides an overview of AbilitiCBT and what you can expect when you sign up for the program.

## 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 who supports you through your program.

## Your AbilitiCBT journey

- 1. Go to manitoba.ca/covid19 to sign up.
- **2.** Complete a health screening questionnaire online.
- **3.** Reply to your welcome email with availability for an initial appointment with your assigned therapist.
- **4.** Download the AbilitiCBT mobile app on your smartphone or tablet.
- **5.** Complete module 1: each module contains activities, videos and assignments to help you learn, develop and practice new skills.
- 6. Complete the remaining nine structured modules, at your own pace, while your therapist monitors your progress and checks in with you along the way by phone, video or chat.
- **7.** Continue to access AbilitiCBT for content refreshers: you will have access for one year after signing up!

## Why use AbilitiCBT?

- It's confidential. Morneau Shepell handles your request and tracks your progress—your personal information will never be shared.
- It works and is clinically effective. Studies have shown that internet-based CBT like AbilitiCBT is as effective as face-to-face therapy.
- It's supported by experts. AbilitiCBT therapists are seasoned professionals who are part the largest network of therapists across the country experienced in dealing with the psychological impact of various traumatic events.
- It's accessible from home. With the current realities of self-isolation and physical distancing, AbilitiCBT is a convenient way to get support while you must remain at home.
- It's free and convenient. Once you sign up online, you access AbilitiCBT, at no cost to you, through the AbilitiCBT app, using a smartphone or tablet.

