

## MEMO

**Date:** April 16, 2020

**To:** Mental Health Providers, Organizations and Supports

**From:** Ben Fry - Interim Chief Operations Officer, Mental Health and Addictions  
Shared Health

Dr. Jitender Sareen - Provincial Specialty Lead for Mental Health and Addictions

**Re:** **Now Available:**  
Mental Health Virtual Therapy Program to Help Manitobans aged 16 and over, including Health Care Workers Cope with Anxiety

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Today, the Manitoba government announced that the [AbilitiCBT virtual therapy program](#) is now **LIVE** and available to Manitobans aged 16 and over, including health care workers. The program is accessible from home and provides mental health support to those struggling with mild to moderate anxiety related to the COVID-19 pandemic.

The [new program](#) is free and confidential, available in English and French, and can be offered to clients aged 16 or older.

### How you can help

The Manitoba government has prepared a [Partner Toolkit](#) on their website to help you and your organization better understand AbilitiCBT and how it can help your clients. We ask that you share this information widely to ensure as many Manitobans as possible can access this needed support.

Attached you will find some of the materials available on [their website](#), including:

- **Fact sheet – Welcome to AbilitiCBT:** you can provide this to potential users to help them understand what to expect when they sign up for the program
- **Fact sheet – Frequently asked questions:** an overview of what you need to know about the program
- **Poster – Help for Anxiety:** place this on bulletin boards, your website, or anywhere else that makes sense for your organization
- **Web banner:** an option for using on your website if there is interest

- **Social media posts:** suggested posts you can use to promote the program on your social media channels

We also encourage you to follow and share related posts from the Manitoba government social media channels.

To ensure campaign integrity, please contact [cathy.cordileone@gov.mb.ca](mailto:cathy.cordileone@gov.mb.ca) directly if you need revised or additional materials to support your communication efforts.

### ***About AbilitiCBT***

*AbilitiCBT is cognitive behavioral therapy (CBT) guided by a therapist through a digital platform, accessible with a smartphone or a tablet. The program addresses anxiety symptoms related to the uniquely challenging aspects of pandemics.*

*The program starts by assessing needs through an online questionnaire and a consultation with a professional therapist -- either by phone or video. Users then download the AbilitiCBT app and complete 10 modules at their own pace, while the therapist monitors progress, and regularly checks in along the way to make sure users are getting the help they need.*

*AbilitiCBT is **offered as a complement to the existing phone-in supports** provided by a number of mental health organizations funded by the Manitoba government.*

Thank you for your continued support Stay safe and healthy.