



# Help when you need it. Where you need it.




In these unprecedented times, we know many people are experiencing anxiety and other mental health challenges related to the impact of COVID-19 in their lives and communities. **AbilitiCBT** can help.

## Frequently Asked Questions

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### 1 What is AbilitiCBT?

AbilitiCBT is a therapist-supported, internet-based cognitive behavioral therapy (CBT) program. It's as effective as traditional, in-person CBT, which can help you develop skills and strategies to be well. It focuses on changing negative thought patterns, emotional responses, and behaviors. CBT is proven to be one of the most effective and efficient therapy methods.

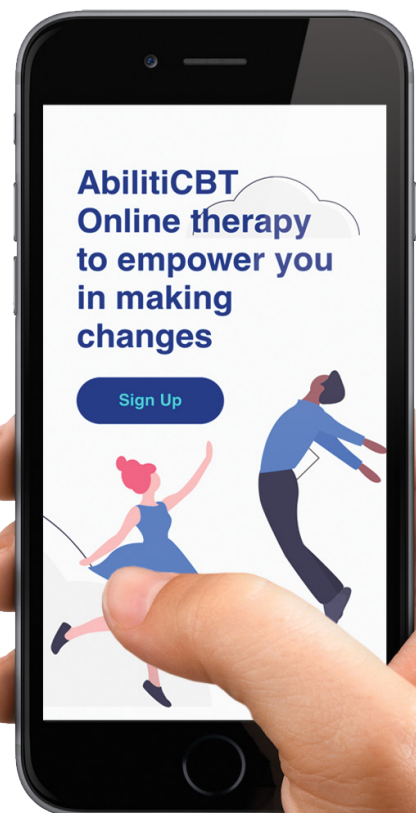



### 2 How does AbilitiCBT work?

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 will be 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 messaging.



# 3 How can AbilitiCBT help?

AbilitiCBT provides meaningful support to those struggling with several types of mental health challenges.



## Anxiety

Anxiety is a general term for disorders that cause nervousness, fear, apprehension, and worrying.

- Learn what anxiety is and how it affects your emotions, your mind, your body and your behaviour.
- Reduce anxiety by learning CBT skills and using them to change your responses to triggers.
- Develop strategies to track and reduce your anxiety.

### Anxiety related to pandemic

This special AbilitiCBT program is designed to help you address anxiety symptoms related to the uniquely challenging aspects of pandemics: uncertainty, social isolation, caring for family and community members, information overload and stress management.



## Depression

Depression can affect anyone at any given time. Everyone experiences feelings of sadness that are part of regular mood changes, however, clinical depression is different. **It lasts longer. It's more intense. It affects your personal and professional life.**

Not all people diagnosed with clinical depression feel sad or depressed.

- Learn what depression is.
- Understand how it affects you emotionally, mentally, physically, and behaviourally.
- Use CBT skills to change your responses to depression triggers, and reduce depressive symptoms.
- Develop strategies to track and reduce your depression.



## Insomnia

Lifestyle, health, and age affect a person's sleep needs, but most adults need between 7-9 hours of sleep. Waking up more than 3 to 4 times a night can be a sign that you're experiencing anxiety or some form of insomnia.

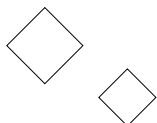
- Learn the environment, surroundings, or specific triggers that affect your sleeping.
- Understand the thoughts that cause your insomnia.
- Become aware of physical symptoms (such as headaches and fatigue) connected to negative thoughts and emotions and develop healthy responses to these symptoms.
- Develop ways to manage triggers that cause insomnia.



## Pain management

Pain can be something we sense with our body or something we feel with our emotions.

- Learn about the triggers that affect how you cope with and experience pain.
- Understand how it affects you emotionally, mentally, physically, and behaviourally.
- Use CBT skills to reduce pain symptoms.
- Put these skills to work to change your responses to pain triggers.



## 4 Why use 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. 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 by phone, video or messaging.

### It's accessible from home.

AbilitiCBT is a convenient way to get support while at home. You access AbilitiCBT through the AbilitiCBT app, using a smartphone or tablet, or on your computer through the web version. AbilitiCBT 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 convenient.

Tackle as much or as little of a module as you want — 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.



## 5 How do I get reimbursed for AbilitiCBT?

### It's like other benefits.

- Pay for the program upfront.
- Get reimbursed through your benefits plan.
- You can claim AbilitiCBT under your paramedical coverage or through your Health Care Spending Account.

## 6 What languages are available?

English and French.

To get started: [SHA.myiCBT.com](https://SHA.myiCBT.com)

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