

A black and white photograph of a woman with long dark hair, wearing a light-colored blazer, sitting at a desk. She is holding a dark mug with both hands and looking down at a laptop in front of her. The background is a blurred office or home workspace with shelves and a desk lamp.

Introducing AbilitiCBT for anxiety related to a pandemic

In these unprecedented times, you may be looking for ways to support your people as they struggle with anxiety related to the impact of COVID-19 in their lives and communities.

Morneau Shepell's AbilitiCBT can help with a new program focused on anxiety related to a pandemic.

Morneau Shepell's AbilitiCBT is cognitive behaviour therapy (CBT) delivered by a therapist through an online platform accessible from home. Combining the convenience of online access with the same benefits of in-person CBT, our new AbilitiCBT program can provide meaningful support to people struggling with anxiety related to a pandemic.

Anxiety is a general term for disorders that cause nervousness, fear, apprehension, and worrying. Morneau Shepell's program can help your people:

- Learn what anxiety is and how it affects one's emotions, mind, body and behaviour
- Reduce anxiety by learning CBT skills and using them to change responses to triggers
- Develop coping strategies to track and reduce anxiety and better manage daily activities

Our program's content is tailored to 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. Our therapists are trained to support and ask precise questions that guide people through the program's modules in the context of a pandemic.

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 chat.
- 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 chat or messaging.

It's accessible from home.

- With the requirements to self-isolate and practice social distancing associated with a pandemic, AbilitiCBT is a convenient way to support your people while they must remain at home.
- AbilitiCBT is accessed through the AbilitiCBT app, using a smartphone or tablet, and complies with Web Content Accessibility Guideline (WCAG) 2.0.

It's supported by experts.

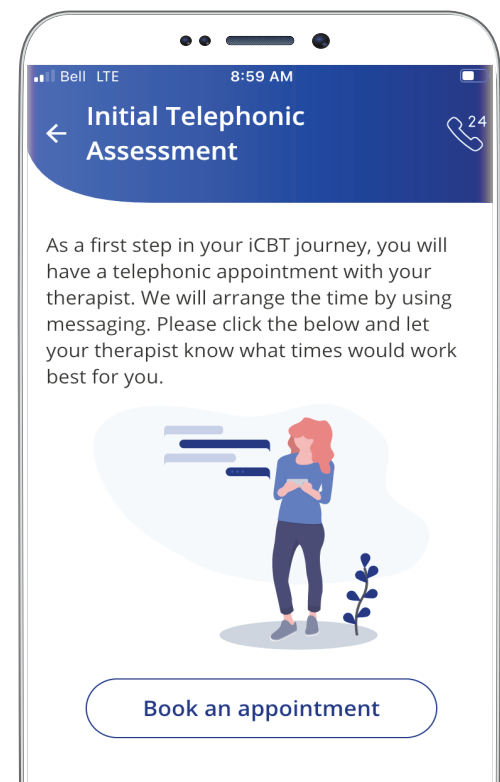
- AbilitiCBT therapists are regulated health professionals or members of a professional college/association in the province in which they practice.
- All AbilitiCBT therapists:
 - Are registered social workers or psychotherapists
 - Have successfully completed an intensive screening process with reference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

It's convenient.

- Individuals fit their therapy into their schedule. Progress is saved, so individuals can pick up where they left off the next time they access the program.

It's confidential.

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



Contact us today to learn more!

iCBT@morneaushepell.com

1.800.461.9722