

Help when you need it.  
Where you need it.



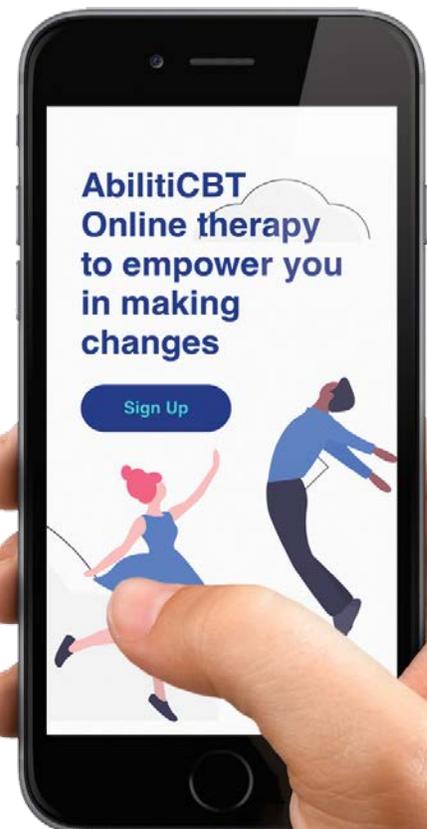
In these unprecedented times, we know many people are experiencing anxiety related to the impact of COVID-19 in their lives and communities. **AbilitiCBT** can help.

## Frequently Asked Questions

### 1 How can AbilitiCBT help?

AbilitiCBT provides meaningful support to those struggling with anxiety, depression, and now anxiety related to a pandemic. The latter program addresses anxiety symptoms related to the uniquely challenging aspects of pandemics: uncertainty, isolation, caring for family and community members, and information and stress overload. AbilitiCBT can help you:

- Learn what anxiety/depression is and how it affects your emotions, mind, body and behaviour
  - Reduce anxiety/depression by learning Cognitive Behavioral Therapy (CBT) skills and using them to change responses to triggers
  - Develop coping strategies to track and reduce anxiety/depression and better manage daily activities
- 



## 2 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 behaviours. CBT is proven to be one of the most effective and efficient therapy methods.



## 3 How does AbilitiCBT work?

- Your AbilitiCBT program starts with a consultation with a professional therapist — either by phone or video chat.
- 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 over the phone, via chat, or through a video check-in.

## 4 Who can benefit from AbilitiCBT?

It's for anyone.

AbilitiCBT works for a wide range of individuals. It can be used as the sole form of treatment for anxiety or depression, or as part of a broader treatment plan.

Waiting for treatment?

AbilitiCBT is a great way to bridge the gap while waiting for additional treatments for anxiety or depression to start.

## 5 Why use AbilitiCBT?

It works.

AbilitiCBT is clinically effective and many experts agree it can be as effective as in-person CBT.

It's accessible from home.

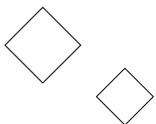
Work through the program on the AbilitiCBT app, using a smartphone or tablet.

It's supported by experts.

AbilitiCBT therapists are regulated health professionals or members of a professional college/association.

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.



## 6 Do I have to pay for AbilitiCBT?

It's free for Ontarians, age 16 and up.

We want to be sure you have access to the support you need during these challenging times.

## 7 What languages are available?

English and French.

## 8 Is AbilitiCBT accessible for those with disabilities?

Yes.

AbilitiCBT complies with Web Content Accessibility Guideline (WCAG) 2.0. The platform includes captions, a screen reader, the ability to change the font size and enlarge buttons, etc.

## 9 Who are AbilitiCBT's therapists?

You're in good hands.

AbilitiCBT therapists are regulated health professionals or members of a professional college/association in the province in which they practice. All AbilitiCBT therapists have/are:

- Registered Social Workers or Psychotherapists
- Successful completion of an intensive screening process with reference checks
- Well-versed and experienced CBT practitioners



# 10 What issues can AbilitiCBT help treat?

AbilitiCBT can help with anxiety and depression. Here's a preview of each program.



## Feeling anxious?

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.

The pandemic-specific program includes information and examples to address the uniquely challenging aspects of a pandemic: uncertainty, social isolation, caring for family and community members, and information and stress overload.



## Feeling down?

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.