

A new mental health program to help you make positive changes

Introducing AbilitiCBT

AbilitiCBT is a new mental health program to help you make positive behaviour changes to feel better and reach your goals. The iCBT program is completely confidential and available at no cost to you.

Programs are available to help with:

- Anxiety
- Depression
- Insomnia
- Pain management



Online access.
Therapy that meets you where you are.



Guidance from a dedicated therapist.



Interactive exercises and activities.

What is iCBT?

iCBT is Internet-based Cognitive Behavioural Therapy (CBT). CBT is the most effective and commonly used therapy for a wide range of mental health concerns. The **C** is for cognitive and refers to what and how we think. The **B** is for behavioural or how we act. Put together Cognitive-Behavioural is about the relationship between our thoughts, our emotions, and our behaviours.

Those thoughts, emotions, and behaviours connect to our moods, our physical experiences, and events in our lives. Being aware of how negative thoughts about an event or experience might be affecting how we act, we can change our emotional, behavioural and physical responses to it.

Morneau Shepell's AbilitiCBT program is CBT that is delivered by a therapist through an online platform. We combine a personalized therapist-guided program with online tools and exercises to bring CBT to life whenever and wherever you are.