

You deserve to feel better

Feeling anxious? Sad? Not yourself? AbilitiCBT can help.

In these difficult times, you may be looking for ways to manage mental health challenges. **AbilitiCBT** can help with therapist-guided virtual therapy accessible on any device.



Frequently Asked Questions

1 What is AbilitiCBT?

AbilitiCBT is a therapist-guided, internet-based cognitive behavioral therapy (CBT) solution. 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 to people struggling with a variety of conditions, such as anxiety, depression, pain management and many others.

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 structured 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.



AbilitiCBT

by LifeWorks

3 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 structured 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
- Receive specialized inclusion and diversity training focused on mental health services

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.

Your personal information will never be shared.



4 What languages are available?

English and French.

Visit [pacificbluecross.myicbt.com](https://www.pacificbluecross.myicbt.com) to get started.

