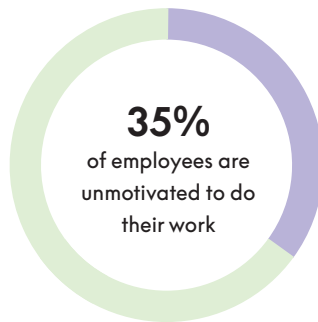
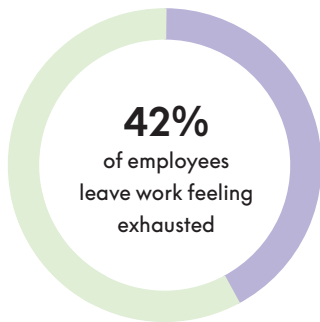




AbilitiCBT for Burnout



Burnout is common and on the rise in the workplace. It is a feeling of pessimism, sadness and exhaustion that can come from feeling overworked, overwhelmed, and under-appreciated. It can impact your physical and mental health, your relationships, and your work.



Why AbilitiCBT for Burnout?

This program is the only therapist-guided cognitive behavioural therapy program that effectively treats and prevents burnout.



Nationwide network

Our unique approach leverages our nationwide network of licensed therapists to provide a caring, human touch that supplements the online program.



24/7 availability

We promise immediate and convenient around the clock care for your people on their terms and schedules with access to a dedicated crisis line, available 24/7.

Program features:

- Six (6) engaging modules that help you learn how to balance different areas of your life to remain healthy, productive, and fulfilled.
- Continuous guidance by an experienced therapist
- Proven clinical effectiveness in reducing and preventing burnout.

Program goals:

- Understand what burnout is and its common causes and risk factors
- How to manage burnout and reduce future risk
- Learn and apply self-care and compassion
- Cognitive behavioural skills to apply to future challenges

Visit: pacificbluecross.myicbt.com