

Specialized Digital Therapy

Tools to build resilience.



Encourage healthier outcomes for your employees with Specialized Digital Therapy, a clinically-tested and scalable therapeutic tool designed to sustainably support the wellness and productivity of your organization.



70%

of all disability costs are due to mental illness.¹



80%

of Canadians indicate the pandemic has had a negative impact on their mental health.²



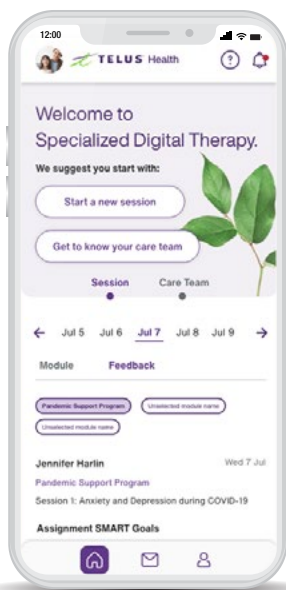
46%

of Canadians working from home are anxious about the returning to the workplace.³



50%

of Canadian managers feel their career would suffer if they told their employer about their mental health.⁴



Personalized therapeutic programs that adapt to employees' needs.

Developed in Canada by a team of pioneers in the field of digital therapy, Specialized Digital Therapy is cognitive behavioural therapy (CBT) delivered digitally. Employees and their immediate family* have access to tools that can help with⁵:

- Maintaining good mental health
- Self-esteem and motivation
- Productivity
- Stress management

With Specialized Digital Therapy, **90% of participants showed improvements** in their symptoms.⁶



All programs are self-led, module-based and supervised by a dedicated licensed therapist and behavioural coach assigned to each member. No appointment necessary.

Featured program: Returning to the Workplace.



Adjusting to life back in the workplace after a major event can be challenging. No matter what your organization's transition plan is, our Returning to the Workplace program provides employees with support tools to help them reframe concerns, manage stress and adopt healthy coping skills.

Other available programs help with:



Mental health
toolkit



Anxiety



Depression



Insomnia



Addictions



Adolescent
anxiety (new)

To learn more about our programs, contact virtualhealthcare@telus.com

