Introducing AbilitiCBT

In these challenging times, you may be looking for ways to support people as they struggle with mental health issues.

Morneau Shepell’s AbilitiCBT can help with a suite of programs designed to provide help when people need it, where they need it.

AbilitiCBT is internet-based cognitive behavioral therapy (iCBT) guided by a professional therapist through a digital platform accessible anywhere.

AbilitiCBT combines the convenience of virtual access with the same benefits of in-person therapy to provide meaningful mental health support to people struggling with a variety of conditions, such as anxiety, depression, pain management and many others.

AbilitiCBT also includes a program specifically designed to address anxiety symptoms related to the COVID-19 pandemic, with content tailored to its uniquely challenging aspects: uncertainty, isolation, caring for family and community members, information overload and stress management.

A complete description of all AbilitiCBT programs is available on myICBT.com.
Why choose Morneau Shepell’s 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.
• Individuals move through structured modules, at their own pace, while the therapist tracks and monitors 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 provide support to people from the comfort and privacy of their home.
• AbilitiCBT is accessed through the AbilitiCBT app, using a smartphone or tablet or on a computer using the web version. It 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 confidential.
• Morneau Shepell handles all requests and progress tracking.
• Personal information is never shared.

To learn more:
Visit myiCBT.com or contact us at: iCBT@morneaushepell.com

© 2021 Morneau Shepell Ltd

@AbilitiCares