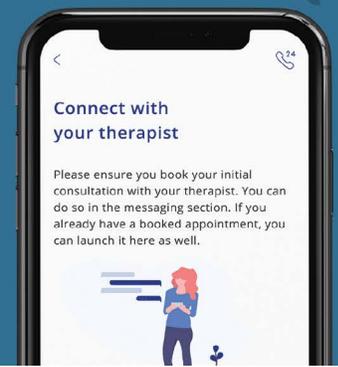


# AbilitiCBT:

## Mental Health Virtual Therapy Program

### Frequently Asked Questions



### What is AbilitiCBT?

AbilitiCBT is cognitive behavioral therapy (CBT) guided by a therapist through a digital platform, which is accessible through your smartphone or tablet. CBT is proven to be one of the most effective and efficient therapy methods. AbilitiCBT is uniquely effective because it virtually pairs you with a professional therapist who supports you through your program.

### How can AbilitiCBT help?

Provided by Morneau Shepell, AbilitiCBT offers mental health support to those struggling with mild to moderate anxiety related to the COVID-19 pandemic. The program addresses symptoms related to the uniquely challenging aspects of pandemics: uncertainty, isolation, caring for family and community members, information overload and stress management.

Anxiety is a general term for disorders that cause nervousness, fear, apprehension, and worrying. AbilitiCBT can help you:

- Learn what anxiety is and how it affects your emotions, mind, body and behavior
- Reduce anxiety by learning cognitive behavioral therapy (CBT) skills and using them to change responses to triggers
- Develop coping strategies to track and reduce anxiety and better manage daily activities

### How does AbilitiCBT work?

The program starts by assessing needs through an online questionnaire and a consultation with a professional therapist—either by phone or video. You then download the AbilitiCBT app and complete 10 modules at your own pace, while the therapist monitors progress, and regularly checks in with you along the way.

### Who is eligible for AbilitiCBT?

All residents of Manitoba age 16 or older can access the program for free. **You do not need to be referred by a doctor to use AbilitiCBT.**

### How can Manitobans access AbilitiCBT?

AbilitiCBT is a digital platform accessible from home or anywhere else on a smartphone or a tablet. To sign up, visit [manitoba.ca/covid19](https://manitoba.ca/covid19).

If you do not own a smartphone or a tablet, you a community organization. Note that the program does not replace [current phone-in supports](#) offered by many organizations in Manitoba; those remain available.

### What languages are available?

English and French.

## Why use AbilitiCBT?

- **It's confidential.** Morneau Shepell handles your request and tracks your progress—your personal information will never be shared.
- **It works and is clinically effective.** Studies have shown that internet-based CBT like AbilitiCBT is as effective as face-to-face therapy.
- **It's supported by experts.** AbilitiCBT therapists are seasoned professionals who are part the largest network of therapists across the country experienced in dealing with the psychological impact of various traumatic events.
- **It's accessible from home.** With the current realities of self-isolation and physical distancing, AbilitiCBT is a convenient way to get support while you must remain at home.
- **It's free and convenient.** Once you sign up online, you access AbilitiCBT, at no cost to you, through the AbilitiCBT app, using a smartphone or tablet.

## Can AbilitiCBT help me if I am in crisis?

Immediate crisis support resources are offered through other Manitoba organizations.

Go to [gov.mb.ca/health/mh/crisis.html](https://gov.mb.ca/health/mh/crisis.html) for more information. Crisis support is also available through the AbilitiCBT app once you have completed the online assessment.

## How is AbilitiCBT connected to Manitoba's health system?

Offering AbilitiCBT is part of the province's COVID-19 emergency response. This virtual therapy program is meant to provide support for anxiety related to the COVID-19 pandemic quickly without using our existing stretched system. Offering AbilitiCBT does not affect the system side of health care.

The program is offered as a complement to the support currently provided by a number of mental health organizations funded by the Manitoba government. With the requirements to self-isolate and practice physical distancing, AbilitiCBT allows the Manitoba government to provide meaningful support to people while they must remain at home.

## Who is Morneau Shepell?

[Morneau Shepell](#) is the leading provider of well-being and mental health services in Canada, with the largest network of therapists across the country experienced in dealing with the psychological impact of various traumatic events.