

# Introducing AbilitiCBT

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

**AbilitiCBT** can help with a suite of programs designed to provide help when people need it, where they need it.

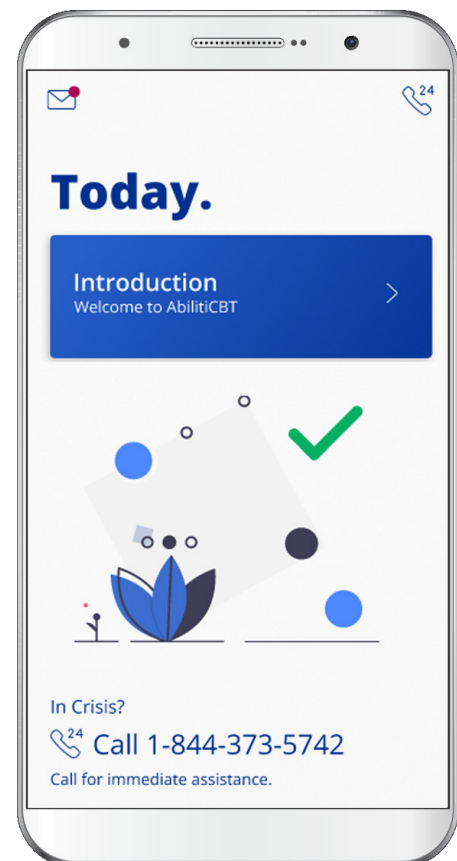
**AbilitiCBT** is internet-based cognitive behavioral therapy (iCBT) guided by a professional therapist through a digital platform accessible anywhere.

**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, grief and loss, insomnia** 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.



AbilitiCBT



# Why choose 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 actively tracks and monitors progress. There are scheduled check-ins along the way by phone, video or messaging.

## It's convenient.

- 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.

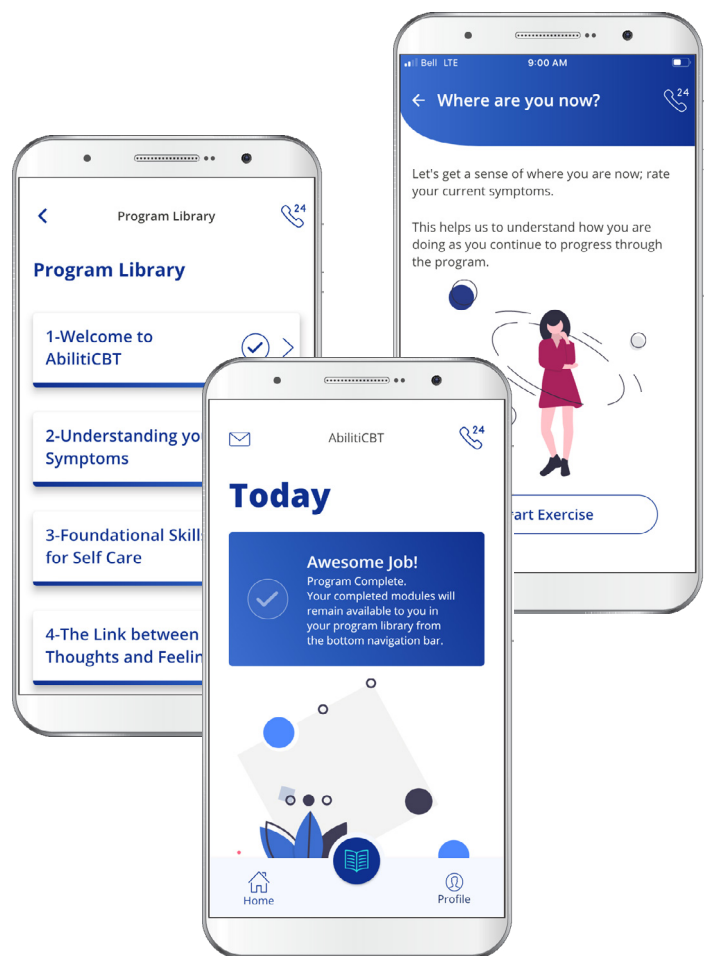
- AbilitiCBT therapists are licensed health professionals.
- All AbilitiCBT therapists:
  - Are licensed social workers, psychotherapists or psychologists
  - Have successfully completed an extensive credentialing process with reference checks
  - Are well-versed and experienced CBT practitioners
  - Receive specialized inclusion and diversity training focused on mental health services
  - There are no mandated limits on therapist involvement; it's determined by users
- Users have access to a dedicated 24/7/365 crisis line overseen by master level clinicians.

## It's confidential.

- All requests and progress tracking are handled by the AbilitiCBT team.
- Personal information is never shared.

## It's a great complement to other resources.

With its clinically effective combination of structured digital modules and ongoing therapist guidance, AbilitiCBT can serve as a complementary resource to provide more complex and extended support.



To learn more:

Visit [us.lifeworks.com/internet-based-cognitive-behavioral-therapy-icbt](https://us.lifeworks.com/internet-based-cognitive-behavioral-therapy-icbt)

or contact us at: [ICBT@lifeworks.com](mailto:ICBT@lifeworks.com)

