

Your AbilitiCBT journey

AbilitiCBT is virtual therapy that addresses anxiety and depression. It is one of the most effective and efficient therapy methods.

Here's how it works:



1

Go to covid-19.ontario.ca.



2

Complete an online questionnaire

Assess your needs and register for AbilitiCBT



3

Start module 1 - you'll get immediate access once you register



4

Chat with a therapist by phone or video to confirm your needs



5

Work through 10 modules on your mobile device, at your own pace

Your therapist tracks progress and checks in throughout!



6

Access for 1 year after you sign up

Check back on past modules for a refresher!

AbilitiCBT
by Morneau Shepell

In response to the pandemic, the Government of Ontario is offering AbilitiCBT free to all Ontarians, age 16 and up.

You deserve to feel better.