



SEAMLESS CARE
OPTIMIZING THE PATIENT EXPERIENCE

CBT RESOURCES

What is CBT?

Cognitive behavioral therapy (CBT) is a skills-based psychological treatment supported by extensive scientific research. It is particularly effective for mild-moderate depression and anxiety. CBT is based on the premise that our thoughts, behaviors and emotions are interconnected, and it involves learning how to change thoughts (cognitions) and actions (behaviors) to improve symptoms. CBT can be delivered in group or individual format, and CBT skills and techniques can also be learned independently.

Private

*CBT is often delivered by psychologists who are not OHIP-covered, but they will accept payments from most insurance providers. Individuals can self-refer. *

CBT Associates

Phone: 416-363-4228; multiple office locations in the GTA; www.cbtassociates.com

Individual and/or group CBT for children, youth and adults, delivered in-person or online.

Waitlist is 3-4 weeks, depending on the location. Cost: \$150-250/session.

Centre for Cognitive Behavioral Therapy

2 Carleton Street, Suite 1823; Phone: 416-305-5864; www.ccbt.ca

Provide individual CBT for adults and adolescents. Cost: \$150-250/session. Waitlist fluctuates.

Cognitive and Interpersonal Therapy Centre

20 Eglinton Ave W, Suite 1007; Phone: 416-570-5050; www.citassociates.com

Provide individual CBT for adults and adolescents. Cost: \$150-250/session.

Waitlist 1-2 weeks.

Forest Hill Centre for Cognitive Behavioral Therapy

439 Spadina Road, Suite 310; Phone: 416-432-4587; www.foresthillcbt.com

Provide individual and group CBT for adults and adolescents. Cost: \$150-250/session.

Minimal waitlist.

BEACON

www.mindbeacon.com

This is a therapist-assisted, digital CBT (iCBT) service. There are different pricing options, but for the basic program, which includes 12 weeks of access to CBT therapy and unlimited online messaging with a dedicated therapist, as well as unlimited access to resources for a year, the cost is \$500. Employee insurance benefits are accepted.

Individual Therapists

Many independent therapists are trained in and provide CBT through their private practices. You can visit www.psychologytoday.com to search for an individual therapist on your own.

You can also use a therapist-matching service like **Green Space** (www.greenspacehealth.ca) or **Layla** (www.layla.care) to find a therapist in your area. Both services will help to match you with a specific therapist. *On GreenSpace, fees range from \$80-250/hour session, whereas all therapists through Layla charge \$130/hour session.*

Disclaimer: This list is not exhaustive and inclusion does not imply specific endorsement.



SEAMLESS CARE
OPTIMIZING THE PATIENT EXPERIENCE

OHIP-covered

CMHA-BounceBack

www.bouncebackontario.ca; 1-866-345-0224

BounceBack is a free CBT-based skill-building program, in which a coach helps support you in working through a series of workbooks tailored to your concerns. GP referral is preferred, but you can also self-refer online.

CAMH

100 Stokes Street (Queen & Ossington); Phone: 416-535-8501, ext. 2; www.camh.ca

CAMH offers primarily group-based CBT through their Mood and Anxiety Ambulatory Services program. GP referral is required and referral form is available online. Waitlists can be several weeks long.

Outpatient mental health programs within hospitals in the GTA may also offer CBT and require GP referrals, which would be available on the hospitals' websites. Wait times can be several months long and referrals aren't guaranteed to be accepted.

Self-Directed

Anxiety Canada (www.anxietycanada.com)

This non-profit is a leader in developing free, online, self-help resources on anxiety. CBT worksheets are available and clearly explained. They have also developed a free CBT app called **MindShift**.

Big White Wall (www.bigwhitewall.ca)

This free online mental health service offers self-help programs and courses, many of them based on the principles of CBT.

Mind Over Mood

This best-selling workbook teaches skills and principles used in CBT. Available online or at Cavarsham Booksellers in Toronto (98 Harbord Street).

Mood Gym (www.moodgym.com.au)

This interactive online self-help program teaches CBT skills to manage symptoms of depression and anxiety. Subscription is \$40/year.

Sanvello (formerly *Pacifica*)

Phone app with CBT tools & mood tracking. Includes many free services, and premium membership for \$8.99/month.

What's Up

Phone app based on CBT & ACT (Acceptance & Commitment Therapy); Free