

Online Mental Health Programs

Including some therapist support

AbilitiCBT by Morneau Shepell - ontario.abiliticbt.com

- In this program, you work through 10 structured modules, at your own pace, while a dedicated therapist monitors your progress: each module contains activities, videos and assignments to help you learn, develop and practice new skills.
- There are scheduled check-ins along the way: you connect with your therapist by phone/video/chat.

BEACON - mindbeacon.com/ontario

- This is a therapist-assisted, digital CBT (TAiCBT) service. It includes unlimited online messaging with a dedicated therapist and access to CBT therapy for 12 weeks, as well as unlimited access to materials for one year.

CMHA – BounceBack - www.bouncebackontario.ca; 1-866-345-0224

- BounceBack is a free CBT-based skill-building program where a coach helps support you
- **over the phone** in working through a series of workbooks based on your concerns.
- **Referral process:** GP referral is preferred, but you can also self-refer online. No catchment.

Mind Relief - <https://www.mindrelief.ca/>

- Online CBT and/or DBT therapy program. Consists of 20-min therapy appointments, with personalized psychotherapy materials to complete between sessions.
- **Referral process:** Requires physician referral, which can be completed on website above.

TeleCBT - <https://telecbt.ca/> - Phone: 888-468-6178 - ext. 1

- OHIP-covered, CBT-informed, virtual or phone-based, individual psychotherapy
- Wait time: roughly 2-3 months
- Self-referral, call the number above, or complete online referral at website

Wellness Together Canada - <https://ca.portal.gs/> - 1-866-585-0445

- Created by the Government of Canada, this platform provides free, online resources & tools for Canadians
- Offer same-day, single session phone counselling (available 24/7, for 18 years+). Following this initial call, you may be referred to multi-session counselling (up to 3 additional sessions) with a dedicated therapist. **Call anytime.**
- **NEED IMMEDIATE SUPPORT?** If you are in crisis or require support right away:
 - **Youth:** Text WELLNESS to 686868
 - **Adults:** Text WELLNESS to 741741

Self-guided

Anxiety Canada - www.anxietycanada.com

Online library of free, downloadable CBT worksheets to help you understand anxiety and learn strategies to tolerate and manage anxiety. They also offer a self-guided course, **My Anxiety Plan** (maps.anxietycanada.com), with a version for Adults and Children/Teens.

CCI Self-Help Resources for Mental Health -

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself

Free workbooks for a range of concerns, including: Anxiety, Panic, Self-Compassion, & Worry and Rumination

CIMHS (Centre for Interactive Mental Health Solutions) - www.cimhs.com

Free online therapy program for depression, using CBT skills.

Mood Gym - www.moodgym.com.au

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

Phone apps:

CBT-skills:

Mindshift (Developed by Anxiety Canada) Free
Sanvello (formerly *Pacifica*)
What's Up

Mindfulness:

Calm (also www.calm.com)
Headspace (www.headspace.com)
Insight Timer