

## Online Mental Health Programs

### Including some therapist support

**AbilitiCBT** by Morneau Shepell - [ontario.abiliticbt.com](http://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](http://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](http://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](http://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](http://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](http://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](http://www.cimhs.com)

Free online therapy program for depression, using CBT skills.

**Mood Gym** - [www.moodgym.com.au](http://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](http://www.calm.com))  
**Headspace** ([www.headspace.com](http://www.headspace.com))  
**Insight Timer**