LETTER TO CLINICIANS
ONTARIO

RE: Request for free access to an online program based on Cognitive Behavioral Therapy

Hello,

You are receiving this letter because one of your clients wishes to enroll in one of our online programs based on the principles of Cognitive Behavioral Therapy (CBT). This program is available free of charge through the ēquilia virtual clinic.

Our programs are designed to teach practical skills for overcoming symptoms of anxiety and depression. The ēquilia virtual clinic is the result of a collaboration between Quebec and Ontario to create a French-Canadian adaptation of the original Australian platform THIS WAY UP, renowned for its CBT-based programs that are accessible online and supported by evidence-based data. They are available free of charge as part of the "Community Stepped-Care Telehealth Program" offered by Montfort Hospital.

To access our programs, clients must be referred by a regulated health care professional in Ontario, including physicians, nurse practitioners, mental health nurses, psychologists, social workers, psychotherapists, or occupational therapists. Any professional authorized to prescribe one of our virtual programs to their clients must register for free on our virtual clinic platform. Creating a "clinician" account on the virtual clinic platform provides two key benefits: first, it allows clinicians to prescribe programs directly through the clinic's website; second, the clinician-client pairing within the platform enables the prescribing clinician to monitor their client's progress via a dashboard, with access to updates such as results from psychological distress questionnaires completed by the client and red flags if a client exceeds a critical distress threshold.

To view the available programs and learn how to prescribe a program so that your clients can access it online for free, please visit www.equilia.ca.

If you have any questions or would like to speak directly with our team, please feel free to send us an email at **equilia@montfort.on.ca** or call us at **613-746-4621**, extension **6408**.

Sincerely,

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About ēquilia

The ēquilia virtual clinic is a non-profit initiative of the University of Sherbrooke and CIUSSS de l'Estrie-CHUS in Quebec, and Montfort Hospital in Ontario. Our mission is to improve access to proven online interventions, and we are here to help healthcare providers use web-based CBT for anxiety and depression. Visit **www.equilia.ca** to learn more.