LETTER TO CLINICIANS

QUEBEC

RE: Request access to a cognitive-behavioural therapy-based online program

Dear Clinician,

You are receiving this letter because one of your clients is interested in completing one of our online Cognitive Behavioural Therapy (CBT) programs, which can be accessed free of charge via the ēquilia virtual clinic.

Our programs are designed to teach practical skills for overcoming symptoms of anxiety and depression. The ēquilia platform is the result of a collaboration between Quebec and Ontario to adapt the Australian platform THIS WAY UP, renowned for its CBT-based, internet-accessible programs. The programs are available free of charge as part of the research project "Transdiagnostic internet cognitive-behaviour therapy for mixed anxiety and depressive disorders in primary care: A dissemination and implementation study" (Roberge, Vasiliadis et al.; CIHR, 2020-2021).

Programs can be completed independently; it is also possible for healthcare providers (e.g. physicians, psychologists, psychiatrists and other professionals) to register free of charge with our virtual clinic and use our programs to help their clients. The latter approach has two advantages, firstly a program can be directly prescribed from the virtual clinic website. Secondly, the clinician-client pairing feature enables the care provider to track their client's progress through results from questionnaires pertaining to psychological distress, anxiety, and depressive symptoms. You'll need to create an account to prescribe programs and to track your clients' progress.

In order to view available programs and learn how to prescribe a program, please visit www.equilia.ca

If you have any questions or would like to discuss this letter with our team, please do not hesitate to contact us at **equilia@USherbrooke.ca** or call us at **819 821- 8000, ext. 74288.**

Best regards,

Pasquale Roberge, Ph. D., psychologist
Sherbrooke University
Faculty of Medicine and Health Sciences
Department of Family Medicine
3001, 2e Avenue Nord
Sherbrooke (Québec) J1H 5N4 Canada

About ēquilia

The ēquilia virtual clinic is a non-profit initiative of Université de Sherbrooke and CIUSSS de l'Estrie-CHUS in Quebec, and Hôpital Montfort in Ontario. Our mission is to improve access to effective online interventions, and we are here to support clinicians in using evidence-based online CBT in the treatment of anxiety and depression.