HOW TO RECOMMEND AN ĒQUILIA PROGRAM FOR PEOPLE CURRENTLY ON A WAITLIST

ēquilia's online CBT programs can provide a useful way for people to get help with their mental health symptoms right away.

When you consider it appropriate, you could give a brief overview of how ēquilia works and direct them to the Take-A-Test tool (available soon) that includes short questionnaires to guide them to a program that targets their particular symptoms.

Validate...

Validate their concerns that being on a waitlist can be difficult.

"I know it can be hard waiting; we're doing our best to see people as soon as possible."

Explain...

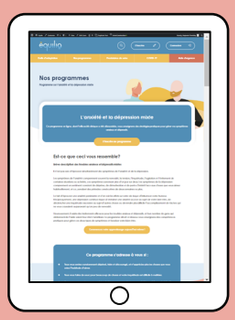
"ēquilia teaches the kind of skills you might learn later on. Doing a program is an active way of preparing for face-to-face therapy while you wait. You can start practicing the strategies now."

Inform...

"ēquilia has programs for anxiety, depression, stress, insomnia, mindfulness, and more. They are between 3 to 6 lessons long and you can work through them when it is convenient for you. Check **equilia.ca** for the full list of programs."

Show...

A tour of the website



Navigate...

Explain that programs are available as self-help or clinician supervised. Discuss which pathway they can pursue.

"If you'd like to do the program as self-help, you can sign up today and start the program."

"If you would like a clinician to supervise your progress throughout the program, approach them first to let them know you'd like clinician supervision."

Suggest...

"If you're not sure which program may be right for you, you can see your familiy physician or another healthcare professional who can assess your mental health and discuss which program could be suitable, or use the Take-A-Test Tool (available soon)."

Follow Up...

If necessary, send them a follow-up email...

"Are you still looking to learn practical skills to overcome stress, anxiety and depression while you wait for face-to-face sessions? You may like to consider the programs offered on an online platform called ēquilia. They teach practical skills and strategies to manage symptoms of low mood, stress and anxiety. These programs can help you work through your difficulties to improve how you are feeling and learn some skills while you wait."

Please feel free to contact our team with any questions or comments:

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