RECOMMENDATION FOR TREATMENT

Hi there,

Following today's consultation, your clinician recommended that you complete one of our online programs that will teach you some practical strategies for tackling the symptoms you've been experiencing. These online programs are based on Cognitive Behavioural Therapy (CBT) - one of the effective psychological treatments for anxiety, depression, and related mental health difficulties.

They were developed in Australia by experienced mental health professionals at St Vincent's Hospital in Sydney, and have been translated and validated in French by a team of researchers and CBT experts from Quebec and Ontario. These programs are designed to teach you how to cope with your difficulties and help you feel better in general.

Your clinician suggested that you complete the following program:

Some programs may not yet be available in your province or in english.

Symptom-Specific Programs

- ☐ The Depression Program
- ☐ The Generalized Anxiety program
- ☐ The Social Anxiety Program
- ☐ The Panic Program
- ☐ The Chronic Pain Program
- ☐ The Health Anxiety Program

Multi-Symptom Programs

- ☐ The Anxiety & Depression Program
- ☐ The Perinatal Mental Health Programs
- ☐ The Mindfulness-Enhanced CBT Program
- ☐ The Teen Worry and Sadness Program

Wellbeing Programs

- ☐ Stress Management Program
- ☐ Insomnia Program
- ☐ Mindfulness Program
- ☐ Student Wellbeing Program

Mode of Completion ☐ Self-Help ☐ Supervised - check your e-mail for more details

- You will have up to 90 days to complete your program from the time you enroll.
- Each new lesson becomes available 5 days after the completion of the previous one.
- For best results, try to do a lesson every 1-2 weeks and practice your new skills regularly in between lessons.
- If you complete your program within 90 days, you will receive extended access for up to 12 months to go back and review the materials.
- Once you have completed your program, we recommend that you schedule a follow-up appointment with your clinician.

To register and start your program, go to www.equilia.ca/en

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