

You deserve to feel better

Feeling anxious? Sad? Not yourself?
AbilitiCBT can help
with virtual therapy
on any device.



Like many others, you may be looking for ways to cope with life's challenges.

To help people ages 16+ manage their mental health, the governments of Ontario and Manitoba are partnering with Morneau Shepell to offer a free and confidential virtual therapy program called AbilitiCBT.

AbilitiCBT is internet-based cognitive behavioral therapy designed to help you manage anxiety and depression symptoms. AbilitiCBT is guided by a professional therapist and is accessible anytime on any smartphone, tablet or computer.

Learn more at myiCBT.com. You deserve to feel better.



AbilitiCBT

by Morneau Shepell

Why use AbilitiCBT?

It works. You can get the same clinical benefits of in-person therapy with AbilitiCBT.

It's convenient. You can get support anytime, anywhere. You can tackle as much or as little of the program as you have time for, and pick it up next time.

It's confidential. Your personal information will never be shared.

Note that AbilitiCBT is suitable for people ages 16+.

  @AbilitiCares