



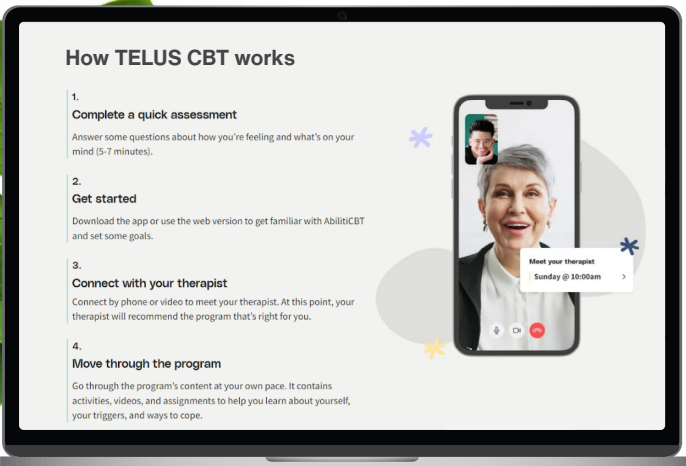
## TELUS Health CBT

Easy access to guided cognitive behavioural therapy - anytime, anywhere.

A fast-growing form of therapy,<sup>1</sup> cognitive behavioural therapy (CBT) works by helping users understand and change the negative thoughts, feelings and behaviours that can be the cause of many common mental health issues and disorders, including depression, anxiety disorder and post-traumatic stress.<sup>1</sup>

In the workplace, mental health issues can lead to lower productivity, higher use of health and disability benefits, and the loss of a qualified workforce.<sup>2</sup> Organizations that offer CBT to support employee wellbeing tend to experience higher retention rates and reduced absenteeism, burnout and workplace injuries.<sup>3</sup>

By providing accessible digital support, TELUS Health CBT is a cost-effective way for users to receive mental health support anywhere,\* including in rural and urban settings. Employees can access the support they need to help them feel better, on their own time, anywhere and from any smart device.



### How TELUS CBT works

- 1. Complete a quick assessment**  
Answer some questions about how you're feeling and what's on your mind (5-7 minutes).
- 2. Get started**  
Download the app or use the web version to get familiar with AbilitiCBT and set some goals.
- 3. Connect with your therapist**  
Connect by phone or video to meet your therapist. At this point, your therapist will recommend the program that's right for you.
- 4. Move through the program**  
Go through the program's content at your own pace. It contains activities, videos, and assignments to help you learn about yourself, your triggers, and ways to cope.



### How it works

1. Complete an online assessment.
2. Download the app and set personal goals.
3. Connect with a therapist by phone or video.
4. Complete the recommended, self-paced program(s).
5. Check in regularly with therapist to stay on track.



## TELUS Health CBT has been proven effective in reducing symptoms:

**65%** of individuals who score in the more severe acuity ranges at intake (on the PHQ9 and GAD7) leave the program in a less acute category (i.e., moderate to mild).<sup>5</sup>

### Covering the spectrum in mental health care.

TELUS Health CBT has a comprehensive range of programs to help support the full continuum of mental health and addiction concerns. Programs are continually customized by the therapist according to the patient's needs, including:



#### Anxiety

Helps people understand, identify, and navigate anxiety while teaching strategies to reduce symptoms



#### Burnout

Helps identify burnout symptoms and teach strategies for a healthier, more balanced life.



#### Depression

Teaches coping strategies to reduce the impact of depression on one's life.



#### Burnout for health care workers

Supports healthcare workers with burnout, compassion fatigue, and vicarious trauma.



#### Obsessive-compulsive disorder (OCD)

Helps participants identify triggers, address symptoms, and change responses.



#### Social anxiety

Helps individuals develop skills to navigate social situations.



#### Trauma

Teaches skills to address and reduce symptoms of personal trauma.



#### Substance use disorder

Early intervention and recovery support programs for individuals and families struggling with substance use.



#### Goal management training (GMT)

Teaches strategies to improve focus, task management, and overall effectiveness based on neuroscience research.<sup>3</sup>



#### Grief and loss

Provides healthy coping strategies for all stages of grief.



#### Pain management

Helps improve reactions to chronic pain and understand its impact on your life.



#### Adjustment to change

Helps adapt to life's changes and challenges, including anxiety or depression.

Mental health has been proven to be strongly correlated to self-reported levels of presenteeism, absenteeism and productivity. By supporting employees' mental health, TELUS Health CBT helps support better outcomes for individuals and has proven data showing 2-3 times the return on investment for organizations.<sup>4</sup>

Learn more at [telushealth.com/CBT](https://telushealth.com/CBT)



Learn more

\*TELUS Health CBT is available to patients in the U.S. (English and Spanish) and in Canada (English and French).  
1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5659300/> 2. <https://www.camh.ca/-/media/files/workplace-mental-health/workplacementalhealth-a-review-and-recommendations-pdf.pdf> 3. <https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610#:~:text=It&#39;s%20often%20the%20preferred%20type,tool%20to%20address%20emotional%20challenges.> 4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9663290/> 5. Leveraging our Mental Health Index and linking its data to depression and anxiety scores of CBT clients (via the PHQ9 and GAD7), we can show that every dollar invested in CBT yields a return of 2-3 times that in annual savings in terms of productivity. The Mental Health Index is a monthly survey of employees across Canada and the United States that measures change compared to the benchmark for mental health and risk.

