

# We're here to support you through life's challenges.

TELUS Health CBT makes getting support easy.

Convenient access to TELUS Health CBT programs with the assistance of dedicated professional therapists. Our programs can help you better understand your thoughts, feelings, and behaviours so you are empowered to make meaningful changes.



Anxiety



Depression



Social anxiety



Obsessive-compulsive disorder



Trauma support



Substance use



Sleep



Pain management



Grief and loss



Burnout



Adjustment to change



Goal management training™ (GMT)

TELUS Health CBT - online, therapist-assisted programs accessible on your smartphone, tablet, or computer.

[pacificbluecross.myicbt.com](https://pacificbluecross.myicbt.com)



 **TELUS** Health