

Online cognitive behavioural therapy



One-on-one support. Private and data secure.

DID YOU KNOW that online cognitive behavioural therapy (iCBT) programs are covered under the psychology benefits within your group benefits plan?

iCBT is an online structured therapeutic program that you can do on your own time, in your own way. Learn more about our iCBT programs at pac.bluecross.ca/Member/iCBT.

Let iCBT help you with:



Mild to moderate depression/anxiety



Post-traumatic stress-disorder



Sleep and panic disorders



Insomnia and pain management



Unhealthy use of substances

Our expert iCBT providers*

TELUS® Health CBT

TELUS Health CBT can help plan members deal with anxiety, depression, social anxiety, Obsessive-compulsive disorder, trauma, substance use, pain management, grief and loss, burnout and adjustment to change.

ALAViDA A LIFESPEAK COMPANY

ALAViDA can help those who are worried about their use of alcohol, cannabis, or other substances.

Mind Beacon

MindBeacon helps with depression, anxiety, post-traumatic stress, panic disorder, chronic pain management, and insomnia.

TELUS® Health

TELUS Health Specialized Digital Therapy can help with anxiety, stress, depression, and substance use and addiction.

*Online CBT programs from other vendors are not eligible for coverage.

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