

## About TELUS Health CBT

TELUS Health CBT is an online/app-based, therapist-assisted, cognitive-behaviorally-based mental health solution. Cognitive behavioural therapy is one of the most effective forms of therapy. It works by helping you understand and change the thoughts, feelings and behaviours that are causing troubles.

The online version of CBT is as effective as in-person therapy. CBT is appropriate for persons sixteen and older with a variety of mental health issues at a varying level of severity. This means that CBT can help people who are struggling a little bit or a lot.

When one engages with this program, they will work through a structured set of modules that pertain to their presenting issue with the help of a trained and licensed therapist. The programs take approximately ten weeks to complete and provide regular contacts and check-ins with the therapist.

During these ten weeks, the users will gain information to help them understand what they are going through and learn new skills to help improve the quality of their lives.

Once you are provided with the sign-in information, you will be guided through a simple registration, sign a consent and book your appointment. Most people can find an available appointment within a week of their registration.

# Anxiety / Generalized Anxiety

Anxiety is your body's natural response to danger. You become tense, alert, and ready to either fight or run away. This response benefits you when you are actually in danger, but it can interfere with your daily life if it occurs when there is no threat.

This program will help you better understand, identify, and navigate feelings of anxiety when they come up in your day-to-day life. You will learn strategies and techniques to help you effectively manage and reduce your symptoms.

## **What we'll cover:**

- What is anxiety?
- How anxiety affects your mind, your body, and your behavior.
- Reduce your stress by learning coping skills to fight unwanted anxiety.
- How to change your responses to anxiety triggers.
- Develop strategies to track and reduce your anxiety response.

# Depression

Everyone experiences feelings of sadness that are part of regular mood changes. Depression is different. It's more intense, lasts longer, and can negatively impact your personal and professional life.

Depression can affect any person at any time in their life, and in many different ways. It's not always so obvious – a lack of interest in what you used to enjoy, changes in appetite, and difficulties sleeping can all be symptoms of depression. Depression can make it hard to recognize yourself and you may feel like you're losing control.

Our depression program will help you learn skills and coping strategies to make positive changes in your life and lessen the impact of depression.

## **What we'll cover:**

- What is depression?
- How depression affects your mind, your body, and your behaviour.
- Reduce your depression symptoms by learning coping skills.
- How to change your response to depression triggers.
- Develop strategies to track and reduce your depression response.

# Insomnia / Sleep

Everyone needs sleep to function. When sleep is interrupted or hard to come by, it can negatively affect your mental well-being. Difficulties can include having trouble falling or staying asleep, feeling unrested after a night's sleep, or feeling the need to sleep more than usual.

Our sleep program will help you get to the core of your sleep challenges and feel more rested.

## **What we'll cover:**

- Identifying things in your environment or surroundings that may be impacting your sleep.
- Identifying and managing thought patterns and emotions that are negatively impacting sleep.
- How physical symptoms, such as headaches, fatigue, and pain, may play a role in the quality of your sleep.
- Developing skills and strategies that will help you improve your sleep.

# Pain Management

Pain is a complex and individual experience. Some people may experience pain even though there may not be a clear physical cause. It's something we sense with our body and feel deeply with our emotions.

While you may not be able to change the physical source of your pain, if you focus on your thoughts, behaviours, and environment, you can change how you cope with and experience pain.

Our pain management program helps you to improve how you react to chronic pain and understand how it affects your life.

## **What we'll cover:**

- Learn more about what pain is.
- How pain affects you emotionally, mentally, physically, and behaviorally.
- How Cognitive Behavioral Therapy skills can help reduce symptoms.
- How to change your responses to pain triggers.

# Trauma Support

Trauma is your emotional and physical response to a profoundly distressing event that overwhelms your ability to cope.

Each person experiences trauma differently. For some, it can severely affect your ability to function while for others, it may present more subtly. There is no right or wrong way to react to trauma. Your response is as unique as you are.

Our trauma support program will help deepen your understanding of yourself and your experience to improve your ability to cope.

## **What we'll cover:**

- Learn about trauma and its various forms.
- Understanding your emotional, mental, physical, and behavioural reaction to traumatic experiences.
- How to develop skills to manage and reduce your symptoms related to your traumatic experiences.

# Grief and Loss

Grief is any reaction you have to a loss. It includes the thoughts, feelings, physical reactions, and behaviors you have that are related to the loss. The symptoms associated with grief can be stored in the body and manifest themselves in different ways.

Grief is personal, influenced by our unique traits, culture, support network, and life circumstances. Not all suffering is the same – each person has their own natural reaction.

Our grief and loss program will help you understand grief and process emotions in a healthy way.

## **What we'll cover:**

- Types and stages of grief.
- Self-compassion and self-care.
- How to cope with grief and loss in a healthy way.

# Obsessive-Compulsive Disorder

Obsessive-Compulsive Disorder (OCD) goes much deeper than a need for things to be neat and tidy. You may find yourself stuck in cycle of unwanted, intrusive thoughts or images. Additionally, you may feel the need to perform specific actions to alleviate any distress that you experience. These thoughts and behaviours can be extreme and disrupt your way of life.

Our OCD program will help you understand your triggers and learn how to respond differently to them.

## **What we'll cover:**

- What OCD is and how it affects your well-being.
- Using Cognitive Behavioural Therapy (CBT) skills to identify and track situations or triggers that lead to distress.
- Develop strategies to manage symptoms and change responses to improve your quality of life.



# Social Anxiety

We all know the feeling of being nervous or uncomfortable in a social situation, but if you have social anxiety, things like public speaking, dating, or talking to people in groups can feel like too much to handle. Over time, it can affect relationships, daily routines, work, school, or other activities.

Our social anxiety program helps those who may find social situations overwhelming by learning about social anxiety and developing skills to reduce the symptoms.

## **What we'll cover:**

- What social anxiety is and how it affects your emotions, mind, body, and behavior.
- How to reduce social anxiety by learning Cognitive Behavioral Therapy (CBT) skills.
- Use CBT skills to change your responses to social anxiety triggers.
- Develop strategies to track and reduce your social anxiety response.

# Burnout\*

Burnout combines feelings of emptiness, exhaustion, and disconnection that can come from being over-worked, overwhelmed, and under-appreciated in the important roles in your life. It can impact your physical and mental well-being, your relationships, and your ability to successfully complete tasks and goals.

This program has been developed to support you in recognizing signs of burnout and will provide opportunities to reflect on your values, beliefs, and needs. You will learn how to balance areas of your life to help restore well-being, productivity, and fulfillment.

## What we'll cover:

- What burnout is and common causes and risk factors.
- How to identify and manage the impacts of burnout and reduce it in the future.
- How to strengthen self-care and nurture compassion for self and others.
- Using Cognitive Behavioural Therapy (CBT) skills to achieve better balance to feel healthier, more productive, and fulfilled.

\*Note: there is a customized Burnout program for identifying **Healthcare Workers** who may be struggling with burnout and associated compassion fatigue and/or vicarious trauma.

# Adjustment to Change

The Adjustment to Change program is designed for individuals who have been through recent changes and are experiencing challenges with adapting to new circumstances. Stressful life events, whether positive, negative, or neutral changes can have unanticipated impacts on the way you feel, behave and think. This program supports the challenges that arise with change, including feelings of anxiety or depression.

**By using this program, you can:**

- Learn how both positive and negative life changes can impact you.
- Learn tools to help cope with or adapt to the change you are experiencing and future changes you encounter.
- Learn skills to change how you interact with the experience.

# Early Intervention for Alcohol or Other Substance Use

It can be difficult to identify whether you're engaging in risky use of alcohol and/or drugs. You may find yourself experiencing more negative consequences as a result of using, feel that you're losing control of your substance use, or simply want to learn to maintain a healthy relationship with substances.

This program is designed to help you consider how you feel about your use of substances, what you'd like your relationship with substances to look like, and how to meet your goals if you'd like to change that relationship.

## Here are some of the topics covered in this program:

- How substance use may be affecting your physical and mental health, relationships, values, and work performance, including your own self-assessment of the situation.
- Why self-care is important, and different ways to practice it.
- Specific information on different substances, including alcohol, marijuana, opioids, stimulants, depressants, hallucinogens, and medications.
- Guidance and support on deciding whether you would like to change your relationship with substances.
- How tools used in CBT can help you to identify and achieve your goals
- Managing cravings and urges, and how to deal with setbacks.

# Goal Management Training™ (GMT)

Missing your exit, leaving your umbrella behind, blanking out in conversation, not finishing projects. What do these have in common? First and foremost, they are part of normal human experience. Second, they all relate our "executive functions" -- or how our brains keep us focused and efficient.

Goal Management Training™ (GMT) is for people who want to improve their attention, thinking, planning, and their ability to complete tasks efficiently. It may be that these cognitive functions have declined due to illness, post-COVID effects, or mental health conditions that can affect cognition even when the primary emotional symptoms have abated. Or perhaps you just want to be sharper and more effective.

GMT, based in neuroscientific research, includes practical strategies for improving your focus and task management. GMT uses real-life stories and hands-on experience in the "Mental Laboratory" to demonstrate how your mind keeps focused, and why it is so easy to lose that focus.

## **By using this program, you can:**

- Become experts in how their own mind works and what makes them prone to slips.
- Learn how to STOP themselves before they get too far off track.
- Learn how to keep goals and plans organized so that they have better control over their lives.

# Family Support for Alcohol or Other Substance Use

When a loved one is struggling with substance use, it can affect your relationship with them, your own mental health, and even your family unit as a whole. Finding ways to look after yourself while supporting your loved one is challenging but can be done with adequate tools and support. Your journey prioritizes your mindfulness so you can be aware of what needs to change, to feel empowered to change it.

This program is designed to provide you with information about substance use disorder, offer support with addressing this topic with your loved one, and help you to prioritize your well-being in the process. It's often difficult to see beyond the problems right in front of you, but this program will help you build your self-care skills to be able to see a future that includes health, healing, and hope.

## **By using this program, you'll learn:**

- What Substance Use Disorder (SUD) is, and what warning signs to look out for.
- About the different types of support your loved one can access and how to approach them about the possibility of making changes.
- How to set boundaries and communicate effectively in difficult conversations.
- To manage stress by recognizing what is and isn't in your control.
- Activities to prioritize your own wellbeing, like addressing unhelpful thoughts, grounding exercises, and setting goals.
- About rebuilding trust, acknowledging successes, and fostering hope for the future.