



Guided learning online therapy

Convenient therapy for employee mental health and well-being.

Cognitive Behavioural Therapy (CBT) is a short-term therapeutic approach that includes tools to identify and address common mental health issues such as anxiety, depression, substance abuse, relationship issues and more. This will assist individuals, with the help of their therapist, to develop healthy long term skills.

Guided learning online therapy is CBT delivered digitally (dCBT) by computer or digital device through two dedicated care professionals per user. This is completed at the member's pace and convenience, so that therapy doesn't have to get in the way of life. Our program offers a wide variety of treatment paths consisting of weekly learning modules, to encourage symptom reduction and convenience.

Available to employees and their dependants¹, the TELUS Health dCBT program is:



Accessible

Available in English and French across Canada, 24/7



Effective

90% of respondents showed improvements in symptoms²



Confidential

All data stored in Canada and adheres to privacy and security regulations



Engaging

Robust, visually-stimulating tailored modules



Cost-saving

Only 25% of the cost of traditional therapy²



Care-centric

Modules are optimized based on each individual



60% of Canadians are experiencing mental health issues, with anxiety (40%) being the top concern, followed by stress, depression and addiction.³

Our current program offers:



Pandemic support

A 9-week program for individuals experiencing symptoms of anxiety and depression caused by the COVID-19 pandemic.



Anxiety

A 12-week program designed for individuals experiencing symptoms of anxiety.



Depression

A 12-week program designed for individuals experiencing symptoms of depression.

Other available modules address: post-traumatic stress disorder (PTSD), grief and pain.*

For more information on the program, contact us:
virtualhealthcare@telus.com