An online Cognitive Behavioural Therapy (CBT) program will soon be available to Manitobans aged 16 and over who are struggling with anxiety related to the COVID-19 pandemic. The program, called AbilitiCBT, is being made available to Manitobans as a result of a Government of Manitoba investment and is expected to be available by mid-April at https://manitoba.ca/covid19/bewell/.

The resource, provided by Morneau Shepell, is tailored to address anxiety symptoms related to the uniquely challenging aspects of pandemics: uncertainty, isolation, caring for family and community members, information overload and stress management.

This program is not meant to replace current phone-in supports offered by many organizations in Manitoba.

AbilitiCBT program overview

AbilitiCBT is available through an online platform, making it accessible on any smartphone or tablet from anywhere in Manitoba. The program is guided by professional therapists who are trained to support and ask precise questions to guide people through the program’s modules.

The program starts with a clinically validated assessment including an online questionnaire and a telephone or video chat consultation with a therapist. Participants then move through 10 modules, at their own pace, while the therapist tracks and monitors progress. There are scheduled check-ins along the way by phone, video chat or messaging between the therapist and participant.
How AbilitiCBT can help

The program is designed to help participants:

- Learn what anxiety is and how it affects their emotions, mind, body and behaviour
- Reduce anxiety by learning CBT skills and using them to change responses to triggers
- Develop coping strategies to better manage daily activities

AbilitiCBT is also a good option for front line health-care providers.

**Accessing AbilitiCBT**

Manitobans aged 16 and over will access the program with no need for a referral and at no personal cost.

This digital program requires the use of a smartphone or tablet.

As we all work together to stop the spread of COVID-19 and to mitigate its impact on ourselves, our families and our community, this program will be a useful tool for those experiencing COVID-19 related anxiety.

Please share the link with clients or staff who could benefit from this information.

To learn more, please refer to the attached Frequently Asked Questions.