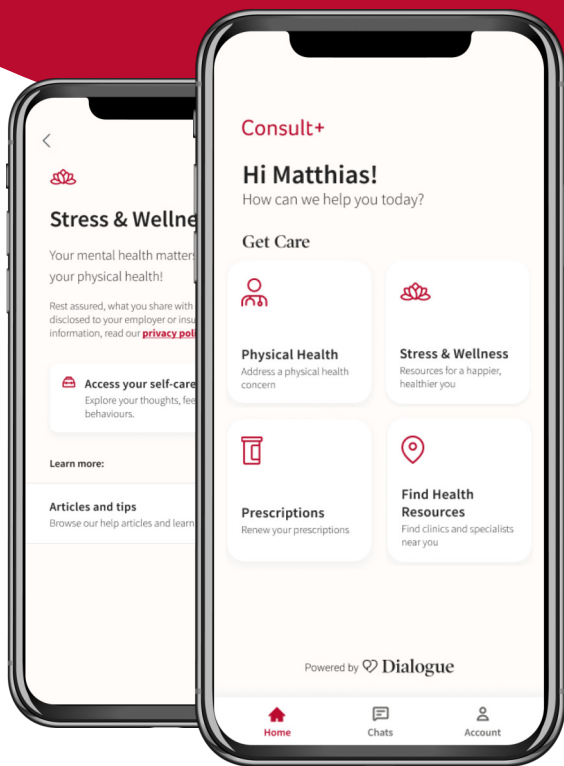


Anytime, anywhere mental health support

Developed by internationally recognized mental health experts with decades of experience helping patients around the world, our iCBT program is a series of interactive, self-care toolkits clinically proven to support top mental health concerns including depression, anxiety, and more.



Available 24/7, with no barriers to getting started



Established, credible program with 15+ years in-market, 100K+ patients treated



Proven outcomes through randomized controlled trials (RCTs) & peer-reviewed research



Fully embedded on the Consult+ app



Free to the member with no out of pocket costs to slow adoption and usage



Common portal (single sign-on) to Consult+ virtual care for physical health needs

⚡ Typical mental health treatment challenges

- **Preference for autonomy and privacy**
23% of Canadians with unmet mental health needs prefer to manage their mental health on their own
- **Few recognize early symptoms**
Many Canadians don't recognize early symptoms of distress and are only reaching out when issues have already deteriorated or not at all for fear of being judged



How iCBT can help



Simple, accessible and immediate

Provides members support 24/7 through Consult+, with no barriers to getting started



Flexible member experience

Members can develop practical skills and healthy behaviours to help resolve and prevent mental health issues according to their specific needs and at their own pace

The Gold Standard of iCBT programs

From the creators of Moodgym and e-couch, our iCBT is the most established, proven program in Canada:

- Originally developed at Australian National University with ~1.5 million users worldwide
- One of the most researched iCBT programs on earth, published in leading medical journals
- Now available anytime, anywhere on the Consult+ app

15+ years

of research-backed in-market experience supporting 100K+ patients

8 randomized controlled trials (RCTs)

prove the efficiency and effectiveness of the Dialogue iCBT

19 peer-reviewed research publications

ensure all research results are accurate and pressure-tested by leading experts

How iCBT works: the member journey



Available directly from the **Consult+ app**.



Simply click **Access your self-care toolkits** to get started!



Online questionnaire to measure severity level (based on PHQ-9, GAD-7).



Self-paced toolkits for depression, anxiety, divorce, bereavement.



Dashboards and other indicators to track progress.



Healthcare at your fingertips,
through your workplace benefits plan.

Consult+