Government of
Northwest Territories

MORNEAU SHEPELL

Your AbilitiCBT journey

AbilitiCBT is virtual therapy that addresses COVID-19-related anxiety.

Here's how it works:

1 Sign up at GNWT.Abiliti**CBT**.com

2 Complete an online questionnaire to assess your needs

3 Chat with a therapist by phone or video to confirm your needs

4 Work through 10 modules on your mobile device, at your own pace

Your therapist tracks progress and checks in throughout!

5 Access for 1 year after you sign up

Check back on past modules for a refresher!

AbilitiCBT
by Morneau Shepell

You deserve to feel better. **Sign up for AbilitiCBT at GNWT.Abiliti<u>CBT</u>.com**