



i-Volve Online Cognitive Behavioural Therapy

# iCBT Support Programs for Anxiety

As cases of COVID-19 continue to rise globally and across Canada, an increasing number of employees and their family members are experiencing increased levels of anxiety. It is normal during this time of uncertainty for employees to speculate on the potential spread of the virus and to experience understandable reactions from worry to anxiety. When faced with uncertainty, we experience physical, emotional and behavioural reactions. We all react somewhat differently.

As a reminder, your employees have access to i-Volve, Homewood's Online Cognitive Behavioural Therapy. i-Volve is a bilingual, web-based solution designed to treat employees struggling with anxiety and/or mild depression. This innovative treatment program will guide employees through exercises that examine and test how they interpret and perceive external stimulation. These insights will help employees change and adapt the ways in which they think, feel, and react during anxious scenarios and situations. i-Volve will help employees to identify, challenge and overcome anxious thoughts, behaviours and emotions.

Over 99% of our customer organizations offer i-Volve to their employees and members. If you currently do not, please disregard this message or contact your account executive to learn more, or to activate the program for your employees.

**To access i-Volve, please register on [Homeweb.ca](https://www.homewood.ca).**

