

## Online CBT (Cognitive Behavioural Therapy) for the Treatment of Depression and/or Anxiety



Depression and anxiety disorders are different, however the incidence of developing depression in addition to an anxiety disorder is high — almost half of all people with depression also suffer from persistent anxiety. Persons suffering with depression and anxiety often experience similar symptoms including nervousness, irritability, and face difficulty with sleeping and concentration.

One (1) in five (5) Canadians will experience a mental health challenge this year. Depression and anxiety are the most common mental health disorders with Mental Illness in Canada costing an estimated \$51 billion annually, \$20 billion of which is attributed to lost productivity and growing absenteeism in the workplace. Almost half (49%) of those who feel they have suffered from depression or anxiety have never seen a doctor for support.

i-Volve is a bilingual, web-based solution to treat employees struggling with mild depression and/or anxiety. i-Volve offers a new solution to customers and employees building upon Homewood's core modalities and expertise in the treatment of depression and anxiety. There are three programs within i-Volve, Depression; Anxiety, and Mental Health, allowing employees to identify, challenge and overcome their dysfunctional thoughts, behaviors and emotions.

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 in various situations. i-Volve will help to identify, challenge and overcome anxious and/or depressive thoughts, behaviours and emotions.

**Contact us to learn more.**

**1-866-565-4903 | TTY: 1-888-384-1152 | International (Call Collect): 604-689-1717**

**Numéro sans frais - en français : 1-866-398-9505**

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### Self-Guided: Work at Your Own Pace

Unlike traditional CBT programs delivered in a therapist's office, Homewood's i-Volve is available 24 hours a day, seven days a week and allows employees to work at their own pace. Exercises within the program have been specifically designed to help people learn to cope with the various challenges they'll experience as they journey down the road to recovery from depression and/or anxiety.

Designed for non-acute cases of depression and/or anxiety, i-Volve provides an alternative, cost effective solution to traditional therapy. i-Volve offers the following key advantages for employees.

- **Accessibility**
  - removes self-perceived barriers and limitations to seeking treatment, including physical and social
- **Convenience**
  - no scheduling requirements, no geographic time restrictions
  - anytime, anywhere, at your own pace
- **Removes Exposure to Social Stigmas**
  - eliminates stigmas associated with therapy
- **Anonymity**
  - encourages self-disclosure and openness with reduced concern of bias
  - increases self-honesty and empowers the employee to pursue success

For more information on i-Volve, Online CBT treatment for depression and/or anxiety please contact our customer service centre or your Homewood representative.

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