

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 persons are experiencing increased levels of anxiety. It is normal during this time of uncertainty for us 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.

As a reminder, you have access to i-Volve, Online CBT. i-Volve is a bilingual, self-paced, web-based solution designed to treat anxiety and/or mild cases of depression. i-Volve offers structured programs to help you manage your anxiety using cognitive behavioural therapy (CBT), the current best-practice treatment approach for these conditions.

During these unprecedented times, the insights will help you to change and adapt the ways in which you think, feel, and react. i-Volve will help you to identify, challenge and overcome your anxious thoughts, behaviours and emotions.

## **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, wherever you choose to access it, and was designed to allow you to work at your own pace.

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

