

Rx TeleCBT.ca



🌀 **APPLICATIONS.** TeleCBT can help with a wide variety of personal challenges, including addictions, anxiety, career problems, depression, grief (& moving on), guilt, illness adjustment, panic attacks, perfectionism, phobias, procrastination, relationship problems, self-esteem issues, sleep disorders, social anxiety, stress, weight management, and more. No referral is required. *Note however that TeleCBT.ca is not a crisis line.*

🌀 **CONVENIENT.** Anyone over 18 years of age with a telephone, handheld device, or computer can access TeleCBT.ca from home or any other private location. No traveling for appointments is required.

🌀 **CONFIDENTIAL.** Many people feel very exposed going for face-to-face counseling, starting with the awkward wait in the therapist's reception room. In contrast, TeleCBT can be anonymous. That puts most people at ease in discussing their personal problems and goals.

🌀 **TRUSTWORTHY.** All TeleCBT counsellors are experienced cognitive behavior therapists licensed by their respective Canadian regulatory bodies.

🌀 **SCIENTIFIC.** TeleCBT is based on cognitive behavior therapy (CBT), a very popular form of counseling that has been scientifically proven to significantly & enduringly improve limiting thinking & behaviours.

🌀 **FLEXIBLE.** Choose from any combination of text, talk, and/or video counseling from any mobile device or computer (a regular telephone suffices for talk).

🌀 **AFFORDABLE.** TeleCBT therapists don't have the usual office overhead, which makes their rates very reasonable. Text counseling is just \$40/half-hour, and your choice of talk or video counseling is \$110/hour.

For further information & to book your first session, visit www.telecbt.ca, or call 888.468.6178 (toll-free)

Convenient Confidential Counseling