



Introducing Self-Guided Internet-Based Cognitive Behavioural Therapy (iCBT)

Self-guided iCBT is an online program designed by Kii Health experts to address common mental health issues like anxiety, low mood, and stress.

The program is self-administered and goal-oriented to help you learn practical strategies, develop skills, and build resiliency in a structured format with readings, learning exercises, evaluations, and reporting that you can complete at your own pace.

Self-guided iCBT is the ideal complement to other Employee Assistance Program (EAP) services. You can access the program on your own through the Kii Health platform (details below), or it may be recommended by your Nurse Care Coordinator, when appropriate, as part of your wellness journey.

How to Access the Self-Guided iCBT Program

Existing Kii users can access the self-guided program option through the Mental Health & Wellness pillar on your main Kii Health landing page.

From there, you can:

- Select your preferred program.
- Select two or more programs and work on them at the same time.
- Go through them in any order.
- Repeat them as many times as needed.

Log in to your Kii Health account to get started!



Kiihealth.ca | Access Code:

1-833-399-3418

24 HOURS A DAY ANYWHERE IN NORTH AMERICA