



# You now have access to mental health support with Therapist-Assisted iCBT (TAiCBT)

Cognitive Behavioural Therapy (CBT) is a problem-focused and goal-oriented form of therapy. It looks at how the way we think about things can affect our feelings and behaviours. CBT helps us learn how to change negative cycles of thoughts and behaviours so we can function better in order to improve our quality of life. Rigorous clinical trials have proven CBT's effectiveness over a number of decades.

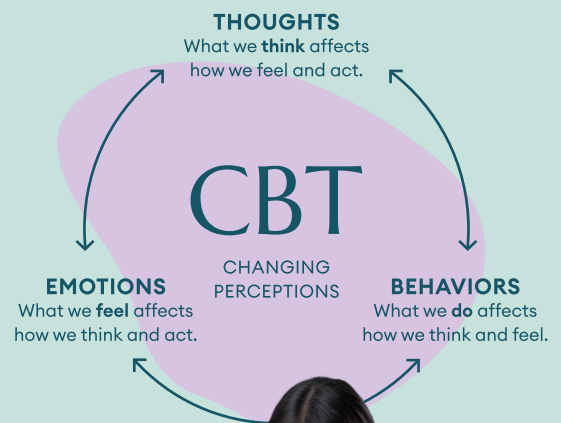
## What is Therapist-Assisted iCBT (TAiCBT)?

With the Kii, by CloudMD, platform, you have access to one of the most-tested TAiCBT programs in Canada with over 60,000 individuals treated. TAiCBT stands for

**Therapist-Assisted Internet-Based Cognitive Behavioural Therapy.**

It's CBT delivered digitally through the Internet where an individual can be supported at their own pace and on their own schedule, with a **dedicated therapist** guiding them throughout. TAiCBT offers a combination of **highly personalized online content** (audio/video, readings, workbooks, exercises) and direct one-to-one therapy with a Masters-level counselor – most of which is done through asynchronous messaging.

Our robust library of protocols have all been developed by clinical experts to help you develop the skills you need to thrive.

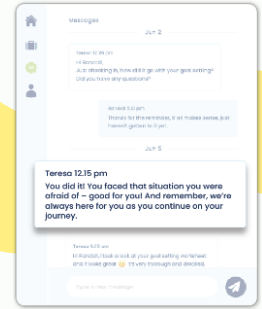
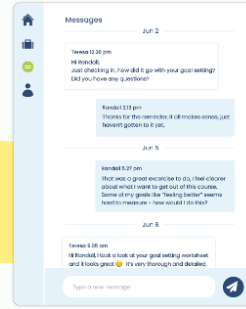
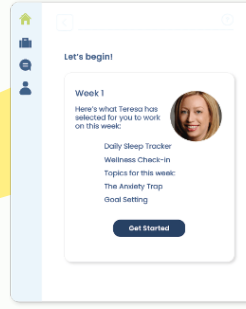
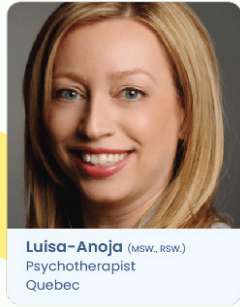
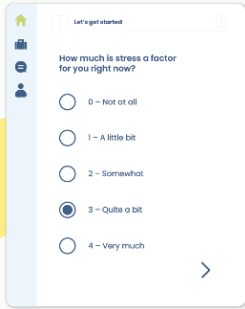


## What mental health challenges can TAiCBT help treat?

- Depression
- General anxiety & worry
- Health anxiety
- Social anxiety
- Building better relationships
- Managing stress
- Obsessive compulsive concerns
- Posttraumatic stress
- Managing grief & loss
- Coping with chronic illness
- Coping with chronic pain
- Sleep issues
- Managing alcohol use

CloudMD has a wide-range of evidence-based protocols. These protocols are curated by a licensed therapist into a unique program, just for you, based on a clinically-validated assessment.

# How does TAIcBT work?



- 1. Starts with an Assessment**  
Complete an online assessment so that the therapist can better understand your issues. It's as in-depth as a traditional first session and can take 30 minutes to complete.
- 2. Get Matched with a Therapist**  
You will be matched with a therapist best suited to support you. If the program isn't suitable, your therapist will recommend alternate supports.
- 3. Therapist Creates a Personalized Program**  
As the therapist works with you, they'll ask questions, suggest reading and exercises, and personally guide you through each week of the program.
- 4. Weekly Check-Ins and Progress**  
After each week, you will reflect on what you've learned and how you are feeling. The therapist may also adjust the program.
- 5. Completing the Program**  
Once you have reached your goals, the therapist will "graduate" you from the program. You'll still have access to all your messages and work.

## What are the benefits of using TAIcBT as part of your mental health program?

- ✔ **It can be accessed anywhere, any time.**  
TAIcBT is fully digital so you can engage in therapy when and where it suits you. Over 50% of clients access the program outside of work hours, making it the most flexible way to support your mental health. There are also no appointments to keep track of (or miss)!
- ✔ **It helps to build long-term skills and improve resiliency.**  
The skills and tools that you'll learn over the 8- to 12-week program can be used when any challenge in life arises in the future. Since all the messages and activities are stored in your account, you can go back and refer to the advice, readings, and activities from your therapist any time you want.
- ✔ **It's secure, private, and confidential.**  
All communication with the therapist is done via asynchronous, secure messaging on the platform. You can send a message to your therapist during your commute home, and no one would know you are "in therapy". With no appointments, no visits to a clinic, and no talking – it's the most private way to get support.
- ✔ **It's easy to get started and use.**  
There is no app to download. You can access TAIcBT through the Kii platform via a browser on your phone, computer, or tablet. Creating an account takes less than a minute and our online experience is seamless and easy to navigate.

Ready to get started?

Kiihealth.ca | Access code: EFAPGOS

1-833-399-3418