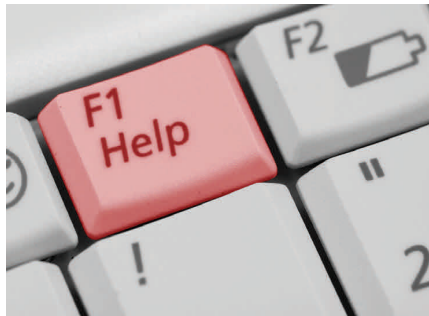


More About Online Therapy USER

This course was developed in Australia by the eCentreClinic for Emotional Health. It is designed to teach people with depression and anxiety how to manage their symptoms.

The course was designed because many people who have depression and anxiety never seek treatment, but many have access to the Internet. Because depression and anxiety commonly occur at the same time it was also felt to be important to provide information that could be used to manage both conditions.



The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

Improving Access to Mental Health Care through
Therapist-Assisted Online-Cognitive Behavioural
Therapy

If you are interested in receiving further
information and/or interested in accessing
services, please call:

Telephone: 306-655-7777



**MENTAL HEALTH AND ADDICTION
SERVICES—COMMUNITY ADULT
PROGRAMS**
4TH FLOOR—715 QUEEN STREET
SASKATOON, SK. S7K 4X4
P: 306-655-8877 | F: 306-655-8875



saskhealthauthority.ca

2021 Mental Health and Addiction Services

ONLINE THERAPY USER: The Wellbeing Program



Mental Health & Addiction Services
Saskatoon Area

Healthy People, Healthy Saskatchewan

Who Do We Serve

If you are:

- Over 18 years of age
- Saskatchewan Resident
- Experiencing symptoms of anxiety or depression and not in receipt of other mental health care
- Have access to a computer with Internet in a private location
- Feel comfortable using the Internet and writing emails

You may be eligible to receive **free online therapy**.



Services Offered

The Wellbeing Program helps people with the thoughts, behaviours and physical symptoms of depression and anxiety.

The therapy lasts **8 weeks** and involves working through online lessons as well as accessing “Do it Yourself” activities and resources.

You will be able to correspond with a therapist via email weekly.

Accessing Services

- 1) Go to: www.onlinetherapyuser.ca
- 2) Complete the online screening for the Wellbeing Program



www.onlinetherapyuser.ca
Online.Therapy.User@uregina.ca
(306) 337-3331

Mailing Address:

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