

## Resources For Total Wellbeing

# COMPUTERIZED COGNITIVE BEHAVIORAL THERAPY

### KEY BENEFITS OF THE CCBT PROGRAM INCLUDE:

- An alternative way of receiving counseling, ideal for people used to accessing services online.
- Effective for mild to moderate levels of stress, anxiety and depression.
- Helps to improve quality of life, both in and away from the workplace.



You now have a new way to obtain counseling through your Employee Support Program . For support with issues such as anxiety, stress, and depression, you can access computerized Cognitive Behavioral Therapy (cCBT).

Weekly, online interactive sessions teach you how to apply CBT concepts to change the way you think about and perceive events, resulting in an improvement to your personal well-being, family relationships, and work and social roles.

The confidential cCBT program\* comprises seven sessions offered online over seven weeks. A qualified counselor will track your progress and guide you throughout via email and telephone support. Easy to use, with a personalized registration and login, this seven-week program utilizes video and multimedia to enhance your online experience.

Call or e-mail us now to get started.

\* Prior to accessing cCBT, an assessment is made to ensure clinical appropriateness. In some cases, short-term face-to-face or telephone counseling, or other support/resource options may be more appropriate.

**TOLL-FREE: 866-212-6096**

**WEBSITE: <https://neelyeap.helpwheretheyouare.com>**

**COMPANY CODE: UH**

