

ONTARIO STRUCTURED PSYCHOTHERAPY WEST REGION

OSP West's Coach/Therapist Supported Self-Led Treatment Options

BounceBack® Ontario

- Free, fast access skill building program rooted in Cognitive Behavioural Therapy (CBT)
- Helps adults manage symptoms of mild to moderate depression, anxiety, stress and worry
- Self-directed and flexible (does not require time off during business hours for appointments)
- Customizable based on individual concerns
- Material is delivered through online videos, workbooks, activities
- Access to a trained coach who can provide up to six 30-minute telephone sessions over 3-6 months
- Coaching and workbooks are available in English, French, Arabic, Farsi, Traditional Chinese and Spanish
- BounceBack is managed by the Canadian Mental Health Association (CMHA)
- See [Adult \(18+\) \(bouncebackontario.ca\)](http://bouncebackontario.ca) for more information

MindBeacon iCBT (internet-based CBT)

- Free, fast access, 1:1 personalized care offering evidence-based CBT for up to 12 weeks
- Able to treat depression, anxiety, panic, social anxiety, health anxiety, posttraumatic stress, obsessive-compulsive concerns, as well as secondary concerns that may come up such as insomnia, stress management, chronic pain, chronic illness, managing alcohol use and grief and loss
- All treatment provided by regulated mental health professionals through secure online messaging
- Assessment and monitoring to measure clinical impact
- No requirement for scheduled appointments - messaging available 24 hours a day, 7 days a week and clinicians respond within 1-2 business days
- Convenient, accessible and easy to use portals and onboarding support
- Services available in English and French
- Access to online resources (workbooks, readings, message history) for up to 1 year
- See [Digital Therapy Services & Online Mental Health Support by MindBeacon](#) for more information

Clinician-Assisted Bibliotherapy (CAB)

- Free, fast access program delivering structured CBT through self-guided reading and brief psychotherapy sessions
- All clinicians are registered health professionals
- Helps manage symptoms of depression, generalized anxiety and worry, and social anxiety
- Clients receive a free hard copy or e-copy of [Mind Over Mood](#), [The Generalized Anxiety Disorder Workbook](#) or the [Shyness and Social Anxiety Workbook](#) along with a standardized weekly plan for reading and exercises
- Workbooks and communications are available in English only, however, telephone supports are available in Punjabi, Hindi, Urdu, Gujrati and Cantonese
- Progress is measured throughout treatment to assess clinical impact
- Six to eight 30-minute weekly phone sessions focused on discussing and applying the material and answering clarification questions
- Clinician-Assisted Bibliotherapy is managed by the Canadian Mental Health Association (CMHA)

Tranquility iCBT

- Free, fast access, 1:1 personalized care offering evidence-based CBT for up to 12 weeks
- 9-12 interactive educational modules designed to address symptoms of depression and anxiety
- Internet-based CBT (iCBT) accessible from any internet-connected device (tablet, smart phone, computer) at any time of day or night
- All treatment provided by regulated mental health professionals
- Access to a clinician for support for 12 weeks
- Flexible communication options – unlimited in-app messaging, and 4 video/phone calls (up to 20 minutes each). Clinicians respond to messages within 2 business days
- Customized treatment plan
- Access to online resources (workbooks, readings, message history) for up to 1 year

To make a referral, visit [OSPWest.ca/referrals](https://ospwest.ca/referrals).