

Supporting a better you.



Backed by science. Tailored for you.

What is Digital CBT by GreenShield Health?

Digital CBT by GreenShield Health is a digital program that delivers self-directed, internet-based Cognitive Behavioural Therapy (Digital CBT) to help people with mild to moderate anxiety and depression take control of their mental health.

Designed for individuals 16+, Digital CBT offers interactive learning modules, tools and coaching to help you develop positive coping strategies and reduce life-disrupting symptoms without the wait.



Learn how to start building the skills you need to feel better at:
greenshield.ca
digitalcbt@greenshield.ca



Available on most phones, tablets, and computers.



Who is Digital CBT by GreenShield Health for?

Digital CBT by GreenShield is designed for individuals (16+) suffering from mild/moderate anxiety and/or depression. This program is not appropriate for the treatment of severe mental health symptoms or individuals experiencing suicidal ideation.



How does it work?

Our program was co-developed by clinical psychologists and people with lived experience of mental health challenges to help individuals easily access the benefits of cognitive behavioural therapy online.

Digital CBT is an affordable, effective and easy-to-use anxiety and depression management tool. It works by teaching individuals how their thoughts and behaviours impact their mood as well as strategies to reduce symptoms and cope positively.

In our program, you can access the benefits of CBT through:

- Educational CBT modules and strategies for improving mental health
- Interactive tools to help employees practice the skills they've learned
- Regular in-app reminders to help users along the way



What makes this program unique?

The Digital CBT by GreenShield Health program was designed to be completed. One of few Digital CBT solutions to be clinically validated at every stage, our program has been ranked a cut above competitors for its usability and strong adherence to CBT principles.

Our model encourages employees to stay motivated on their Digital CBT journey to better reach their mental health goals.

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GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which houses health services and benefits administration businesses, including Green Shield Health Inc. and Green Shield Administration Inc.



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