



How to manage stress and anxiety in times of uncertainty?

by: Dr. Alissa Pencer, R.Psych.



Resources for Mental Health and Addictions

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

<https://cmha.ca/news/covid-19-and-mental-health>

Fact Sheet: <https://cpa.ca/new-covid-19-factsheet/>



Resources for Mental Health and Addictions

Why Internet based Cognitive Behavioural Therapy (iCBT)?

- 1) iCBT programs are recognized as the gold-standard for web-based treatment and have long-standing evidence of effectiveness for anxiety and depression across the lifespan.
- 2) Needed due to social/physical distancing, flexibility (i.e., around other responsibilities), and to decrease demands on the public health care system.



Tranquility Online

Digital Cognitive Behavioural Therapy that is:

- Evidence-based
- Timely
- Stigma-free
- Personal, and
- Accessible



Tranquility to Support Employees

Tranquility is available to companies to help support employees.

If interested to learn more contact:
Joel Muise - joel@tranquility.app

