

## *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.



**Mental Health & Addiction Services  
Saskatoon Area**

*Our Vision*

*Healthiest people  
Healthiest communities  
Exceptional service*

## *Mental Health & Addiction Services: (Community Adult Programs)*

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

Telephone: (306) 655-7777  
Fax: (306) 655-8875

[www.saskhealthauthority.ca](http://www.saskhealthauthority.ca)

2019 Mental Health and Addiction Services

## **Online Therapy USER: The Wellbeing Program**

Saskatoon Area

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



## 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](http://www.onlinetherapyuser.ca)**
- 2) **Complete the online screening for the Wellbeing Program**



**[www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca)**  
**[Online.Therapy.User@uregina.ca](mailto:Online.Therapy.User@uregina.ca)**  
**(306) 337-3331**

### Mailing Address:

Marcie Nugent, Coordinator  
Online Therapy USER  
Department of Psychology,  
University of Regina  
3737 Wascana Parkway  
Regina, SK S4S 0A2  
CANADA