

## New iCBT Mental Health Support Available to You

We're excited to let you know about a new mental health resource now available through your Employee and Family Assistance Program (EFAP) with Homewood Health: *Sentio Counsellor-Assisted iCBT*.

This innovative program offers guided online Cognitive Behavioural Therapy (CBT) with access to a dedicated counsellor for up to 12 weeks. Here's what's included:

- **12 Weeks of Counsellor-Guided Care:** Access unlimited chat support from a dedicated counsellor who will guide you through the iCBT program
- **Proactive Support:** Address feelings of anxiety, stress, or depression early with structured, guided counselling.
- **Interactive Tools:** Choose from over 20 treatment goals, with resources like guided videos, journaling, and symptom tracking.
- **Flexibility:** Access the program entirely online, on your schedule and at your pace.

## Two Ways to Access Sentio Counsellor-Assisted iCBT

1. Log into Homeweb, your online EFAP platform, "Launch Pathfinder" and complete a short questionnaire. When clinically appropriate, access to Sentio Counsellor-Assisted iCBT will be provided.
2. Alternatively, Sentio iCBT can be accessed directly from your Homeweb dashboard. You will be asked a few questions to determine your suitability for the Counsellor-Assisted option.

Take the next step in supporting your mental health today—log into *Homeweb* to explore *Sentio Counsellor-Assisted iCBT* and all your EFAP benefits.

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