



MOREL BENEFITS

## TeleCBT.ca - Convenient Confidential Counselling

TeleCBT is a Canadian online counselling service that specializes in cognitive behavior therapy (CBT). CBT is by far the most scientifically proven form of coaching / psychotherapy.

**25% discount on TeleCBT.ca online counselling**

1. Visit [www.telecbt.ca](http://www.telecbt.ca) and click on **Book Now**
2. Click on Add a discount code. Add code: **Morel19253**
3. Click on **Corporate & Community Partners (60 minutes)**
4. Follow the online instructions to choose your preferred therapist and appointment time

\$82.50/ session for video or phone

Receipts are provided after each appointment, which can be submitted to extended health care plans. Please note, TeleCBT services are provided by Certified Psychotherapists and/or Social Workers. Please ensure your health benefit plan covers these Practitioners before claiming.

## CBT has been proven helpful for managing:



- addictions
- anxiety
- bereavement
- career
- challenges
- compulsions
- eating disorders
- insomnia
- phobias
- stress & worry
- PTSD
- and much more

**Convenient.** TeleCBT's therapists can be contacted on your smartphone, tablet or laptop. You can be comfortably at home, or at the office, or in any other location that works for you.

**Time-efficient.** With TeleCBT, you don't waste time getting to and from appointments. You're never waiting around in a therapist's reception room, and there is zero chance of running into anyone you know.

**Safe.** TeleCBT's end-to-end encryption is 100% compliant with Canadian privacy legislation. All TeleCBT therapists are registered professionals with at minimum Masters degree, and specialty training in CBT.