



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 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 (pricing includes discount)

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.