

RESOURCES FOR PATIENTS

Psychological Therapy

Independent cognitive behavioural therapy (book, online, and mobile app) for anxiety disorders and panic disorders

- [Mind Over Mood](https://link.cep.health/benzohtml15): A cognitive behavioural therapy hard copy workbook that provides instruction for how to manage anxiety disorders, panic disorder and other mood problems. Cost is \$29.64 USD. <https://link.cep.health/benzohtml15>
- [BounceBack Ontario](https://link.cep.health/benzohtml16): Guided self-help program grounded in cognitive behavioural therapy designed to help adults manage symptoms of anxiety (and depression). Involves 6 telephone sessions with trained coaches who lead the patient through a series of workbooks. Cost is free. Patient is contacted within 5 business days of referral to schedule first appointment. Referral or patient self-referral is required. <https://link.cep.health/benzohtml16>
- [FearFighter — CCBT](https://link.cep.health/benzohtml17): A 9-week cognitive behavioural therapy for anxiety and panic disorders mobile app. Provided by Magellan Health Services Inc. Cost is free. <https://link.cep.health/benzohtml17>
- [Moodgym](https://link.cep.health/benzohtml18): A 5-session online cognitive behavioural therapy program for anxiety (and depression). Cost is \$39 AUD for 12 month access. <https://link.cep.health/benzohtml18>
- [Centre for Mindfulness Studies](https://link.cep.health/benzohtml39): Provides mindfulness-based cognitive therapy, mindfulness-based stressed reduction, mindful self-compassion and specialized mindfulness training to the general public, healthcare providers and social service professionals. <https://link.cep.health/benzohtml39>

Independent cognitive behavioural therapy (book, online, and mobile app) for insomnia

- [Sink into Sleep](https://link.cep.health/benzohtml19): A 6-step cognitive behavioural therapy hard copy workbook that provides instruction for how to manage insomnia. Cost is \$23.58 CAD. <https://link.cep.health/benzohtml19>
- [CBT-i Coach](https://link.cep.health/benzohtml20): Cognitive behavioural therapy for insomnia mobile app. Provided by the US Department of Veterans Affairs. Cost is free. <https://link.cep.health/benzohtml20>
- [Restore CBT-i](https://link.cep.health/benzohtml21): A 6-week cognitive behavioural therapy for insomnia mobile app. Provided by Magellan Health Services Inc. Cost is free. <https://link.cep.health/benzohtml21>
- [Go! To Sleep](https://link.cep.health/benzohtml22): A 6-week cognitive behavioural therapy for insomnia online and mobile app program. Provided by the Cleveland Clinic of Wellness. Cost is \$3.99 USD for app or \$40 USD for online. <https://link.cep.health/benzohtml22>
- [CBT for Insomnia](https://link.cep.health/benzohtml23): A 5-session online cognitive behavioural therapy program for insomnia. Cost ranges from \$24.95 USD to \$49.95 USD. <https://link.cep.health/benzohtml23>
- [Sleep Training System](https://link.cep.health/benzohtml24): A 6-week online cognitive behavioural therapy for insomnia program with money-back guarantee and personalized feedback. Cost is \$29.95 USD. <https://link.cep.health/benzohtml24>
- [Sleepio](https://link.cep.health/benzohtml25): Cognitive behavioural therapy for insomnia online and mobile app program. Cost is \$300 USD for a 12-month subscription. <https://link.cep.health/benzohtml25>

In-person cognitive behavioural therapy

- [Canadian Association of Cognitive and Behavioural Therapy — Find a certified therapist webpage](https://link.cep.health/benzohtml26): Online search tool to find a certified therapist who provides cognitive behavioural therapy in Canada. <https://link.cep.health/benzohtml26>

Other psychological therapy

- [Big White Wall](https://link.cep.health/benzohtml27): Online mental health and wellbeing service offering online peer support and self-management tool. This anonymous service is funded by the government, is available 24 hours a day and has no wait times. Cost is free. No referral needed; valid Ontario postal code required. <https://link.cep.health/benzohtml27>
- [Ontario Psychological Association — Find a psychologist search webpage](https://link.cep.health/benzohtml28): Online search tool to find a psychologist or psychological associate in Ontario. <https://link.cep.health/benzohtml28>
- [PsychologyToday—Find a therapist webpage](https://link.cep.health/benzohtml29): Online search tool to find a therapist. <https://link.cep.health/benzohtml29>

Progressive muscle relaxation for anxiety

- [Progressive muscle relaxation instructions](https://link.cep.health/benzohtml30): Free online/printable instructions for patients on how to conduct progressive muscle relaxation. <https://link.cep.health/benzohtml30>

Physical activity

- [Exercise prescription](https://link.cep.health/benzohtml31): Free online/printable patient take-home prescription for aerobic activity or strength training. <https://link.cep.health/benzohtml31>
- [Tips to get active](https://link.cep.health/benzohtml32): Free online/printable physical activity tips for older adults. <https://link.cep.health/benzohtml32>
- [Seniors Active Living Centres](https://link.cep.health/benzohtml33): Map of in-person Seniors Active Living Centres that offer social, cultural, learning and recreational programs for older adults (minimal membership fees). <https://link.cep.health/benzohtml33>
- [YMCA](https://link.cep.health/benzohtml34): List of in-person YMCA locations across Ontario (senior membership approximately \$50/month for individuals or \$77/month for couples). <https://link.cep.health/benzohtml34>

Good Sleep Hygiene, sleep Restrictions, Stimulus Control and Progressive Muscle Relaxation for Insomnia

- [Sleepwell](https://link.cep.health/benzohtml35): Free online supports for sleep, including sleep hygiene checklist, instructions for sleep restriction instructions, stimulus control and progressive muscle relaxation as well as sleep diaries and sleep calculators. <https://link.cep.health/benzohtml35>

Daily Diary

- [Sleep Diary](https://link.cep.health/benzohtml36): Free online/printable template for patients to use to keep track of their daily sleep patterns. <https://link.cep.health/benzohtml36>
- [Worry diary](https://link.cep.health/benzohtml37): Free online/printable template for patients to use to keep track of their panic symptoms. <https://link.cep.health/benzohtml37>

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