



# Online Therapy Unit

SERVICE, EDUCATION AND RESEARCH

**We provide free online Cognitive Behaviour Therapy (CBT) to improve coping for a number of conditions including: Depression, Anxiety, Chronic Health Problems, and Alcohol Use.**

**You may be eligible if you are:**

- 18 years or older
- Experiencing symptoms of anxiety, depression and/or alcohol misuse
- Able to access to a computer with internet
- Not at current risk of suicide



**Apply Online Today!**  
[www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca)



 **SCPOR** Saskatchewan Centre for Patient-Oriented Research

 **SHRF**  
SASKATCHEWAN  
HEALTH RESEARCH  
FOUNDATION

 **CIHR IRSC**  
Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada

 **Saskatchewan Health Authority** Saskatchewan

 **University of Regina**

For more information, visit **[www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca)** or phone **306-337-3331**.

These projects have been approved by the University of Regina Research Ethics Board.