



Supporting a Better You.

Backed by science. Enhanced by coaching. Tailored for you.

What is Tranquility?

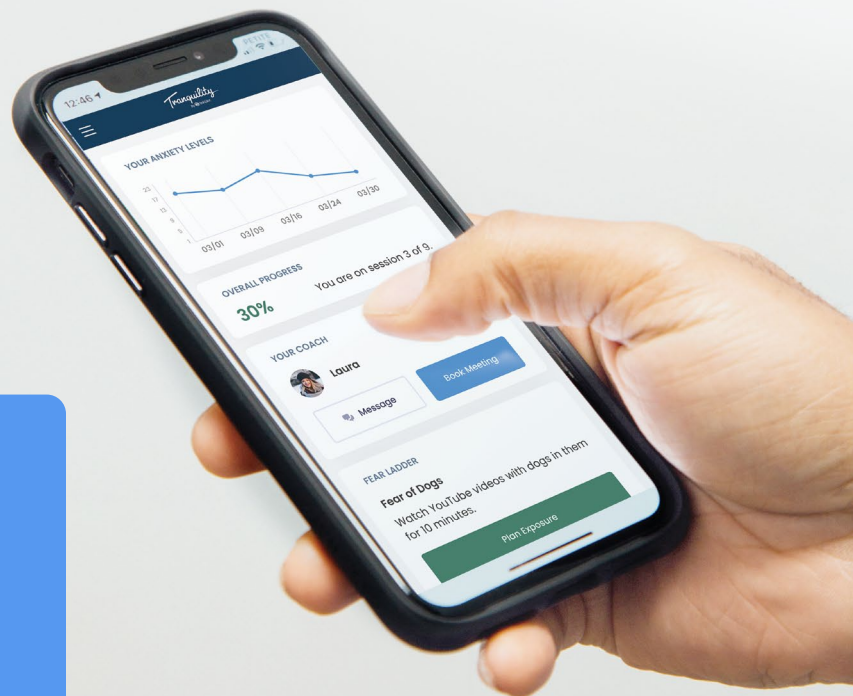
Tranquility's internet-based Cognitive Behavioural Therapy (iCBT) is part of the Ontario Structured Psychotherapy (OSP) program.

Tranquility iCBT is an effective form of therapy to help people with depression and/or anxiety-related concerns.

Qualified and experienced therapists are on hand to help you get the most out of treatment. Your therapist will listen to you and help you troubleshoot when you have questions or challenges. Your therapist can also support you to stay engaged in your treatment.



Available on most phones, tablets, and computers.



Adults experiencing depression or anxiety-related concerns can access **free** cognitive-behavioural therapy and related services through the OSP program.

Who is Tranquility for?

Tranquility is designed for adults (18+) experiencing depression and/or anxiety-related concerns.

How does Tranquility work?

Tranquility's iCBT service was co-developed by clinical psychologists and people that have personal experience with depression and anxiety.

The program has three major components:

- 1 9-12 educational modules which include interactive exercises designed to address and improve symptoms of anxiety and/or depression.
- 2 Access to a trained therapist for 12 weeks (from the date you create your Tranquility account)
- 3 Flexible communication options – unlimited in-app messaging, and 4 phone/video calls.

Your therapist is available to support you for up to 12 weeks. You will have access to all your readings, tools, and your message history for one year from the day that you created your Tranquility account.

Working with your therapist

Your therapist will review the information you share in the tools you complete and monitor your symptoms through brief weekly questionnaires. They will also support you if any questions or challenges come up as you go through the online readings and use the tools. You can message your therapist at any time and the therapist will respond within 2 business days. You will also have the opportunity to schedule four 20-minute video or phone sessions with your therapist throughout the course of the service.