

## A Sample of iCBT Programs Available in Canada for Major Depression and Anxiety Disorders

Program Name	Provincial and Territorial Availability	Program Website
BEACON	Across Canada	<a href="http://www.mindbeacon.com">www.mindbeacon.com</a>
Big White Wall	Across Canada	<a href="http://www.bigwhitewall.com/">www.bigwhitewall.com/</a>
eGuru	Across Canada	<a href="http://www.eguru4life.com">www.eguru4life.com</a>
Finding Wellness	Manitoba	<a href="http://www.findingwellness.ca">www.findingwellness.ca</a>
Health EnSuite	Across Canada	<a href="http://www.healthensuite.com/">www.healthensuite.com/</a>
Morneau Shepell's iCBT program	Across Canada	<a href="http://www.morneaushepell.com/ca-en/internet-based-cognitive-behaviour-therapy-icbt">www.morneaushepell.com/ca-en/internet-based-cognitive-behaviour-therapy-icbt</a>
Scarborough Health Network	Ontario	<a href="https://www.shn.ca/mental-health/">https://www.shn.ca/mental-health/</a>
Strongest Families Institute	Across Canada	<a href="http://www.StrongestFamilies.com">www.StrongestFamilies.com</a>
TAO—Therapist Assistance Online	Across Canada	<a href="https://www.taoconnect.org/">https://www.taoconnect.org/</a>
Thinkladder	Across Canada	<a href="http://www.thinkladder.com">www.thinkladder.com</a>
Tranquility Online	Across Canada	<a href="https://www.tranquility.app/">https://www.tranquility.app/</a>
Wellbeing Course — Online Therapy Unit	Saskatchewan	<a href="http://www.onlinetherapyuser.ca">www.onlinetherapyuser.ca</a>
WellTrack	Across Canada	<a href="http://www.welltrack.com">www.welltrack.com</a>

iCBT = internet-based cognitive behavioural therapy.

This list of iCBT programs is based on information provided by Canadian stakeholders who participated in the survey for the CADTH [Environmental Scan Internet-Delivered Cognitive Behavioural Therapy for Major Depressive Disorder and Anxiety Disorders \(2018\)](#). The list is not comprehensive and this information is subject to change as the field develops.