

## Low Intensity Services Available through OSP

### **BounceBack® Ontario:**

- Free rapid skill-building program based on Cognitive Behavioural Therapy (CBT)
- Self-paced and adaptable (no need to take time off for appointments)
- Personalized to address individual concerns
- Delivered via online videos, workbooks, and activities
- Includes up to six 30-minute phone sessions with a coach over 3-6 months
- Coaching and workbooks available in multiple languages: English, French, Arabic, Farsi, Traditional Chinese, Spanish
- Managed by the Canadian Mental Health Association (CMHA)
- Learn more at [BounceBack Ontario – Canadian Mental Health Association, Ontario](#)

### **MindBeacon iCBT offers:**

- Free, personalized 1:1 care with evidence-based CBT for 12 weeks
- Treats various mental health issues, including depression, anxiety, and more
- Provided by regulated mental health pros via secure online messaging
- Includes assessments and clinical monitoring
- No scheduled appointments, 24/7 messaging with 1-2 day response
- User-friendly portals and onboarding support
- Available in English and French
- Access to online resources for up to 1 year
- Learn more at [Digital Therapy Services & Online Mental Health Support by MindBeacon](#)

### **Clinician-Assisted Bibliotherapy (CAB):**

- Free program for structured CBT via self-guided reading and brief psychotherapy
- Clinicians are registered health professionals
- Aids depression, anxiety, and social anxiety symptoms
- Clients get free book (physical or e-copy) and weekly plan
- Languages: English workbooks, phone support in several languages
- Progress is assessed during treatment
- 6-8 weekly 30-min phone sessions for discussion and application
- Managed by Canadian Mental Health Association (CMHA)

### **Tranquility by Greenshield iCBT:**

- Free, personalized 1:1 care with evidence-based CBT for 12 weeks
- 9-12 interactive modules for depression and anxiety
- Accessible on any device, anytime
- Regulated mental health professionals provide treatment
- 12-weeks clinician access
- Flexible communication: in-app messaging, 4 video/phone calls (20 mins each)
- Customized plan
- Access online resources for up to 1 year
- Learn more at [GSC - Plan Members – Tranquility](#)