

Therapist Guided Program

Now free for
Ontario
residents!

Now offering free mental health support for Ontario residents dealing with stress, anxiety, depression and more, thanks to funding from the Government of Ontario.

Sign up

Experience therapy that's completely digital



No worry about
appointments to keep

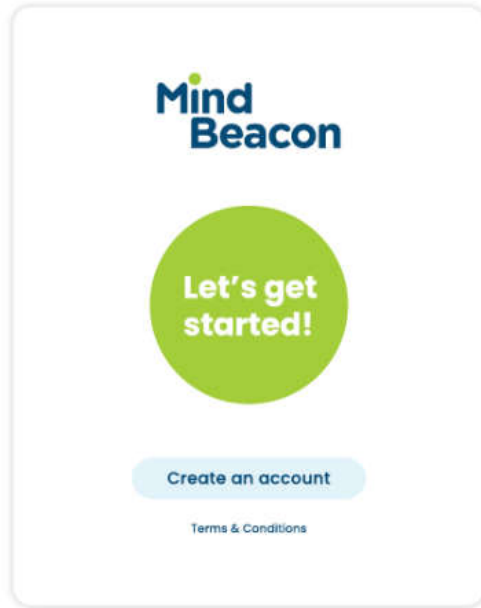


Available whenever and
wherever you are



On any web-enabled
device you prefer

How It Works

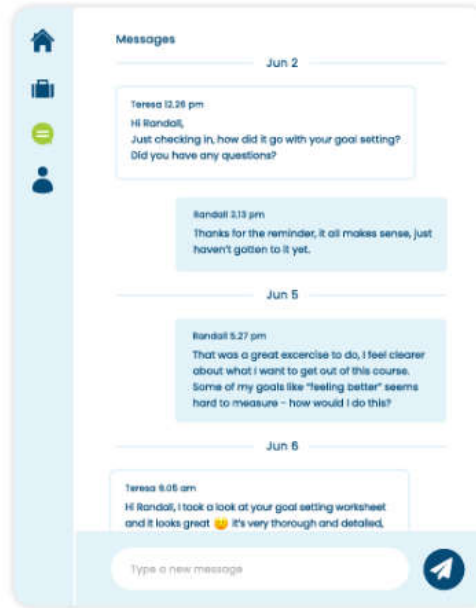


1

Create an account and get started right away.

Tell us about yourself, your feelings and your situation, so that your therapist can understand you better.

About the assessment

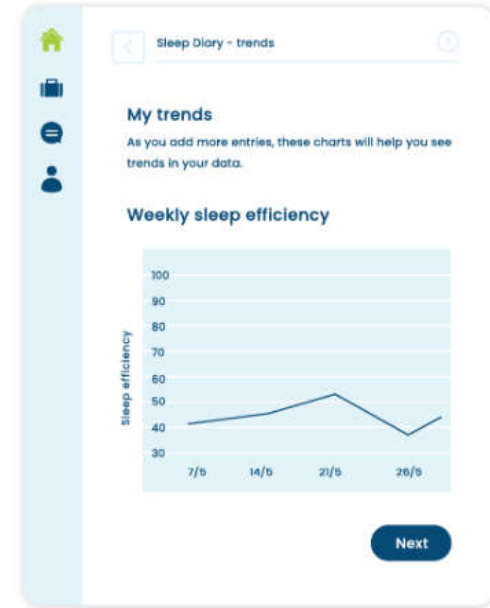


2

A therapist creates a plan designed just for you.

Through secure direct messages, readings and activities, your therapist will help you develop the skills you need to thrive.

About starting therapy



3

Complete your personalized program in 6 to 12 weeks.

Work one-on-one with your dedicated therapist for up to 12 weeks and access your resources for up to 1 year.

About completing therapy