



# iCBT Support for Nurses



## Learn more about Tranquility iCBT, a service included in your Mental Health Program

Tranquility's program was co-developed by clinical psychologists and people with lived experience of mental health challenges to help individuals easily access the benefits of cognitive behavioral therapy online. iCBT is an effective and easy-to-use anxiety and depression management tool. It works by teaching individuals how their thoughts and behaviors impact their mood as well as strategies to reduce symptoms and cope positively.

In this program, you can access the benefits of CBT through:

- ① Educational CBT modules and strategies for improving mental health.
- ② Interactive tools to help employees practice the skills they've learned.
- ③ Regular reminders to help along the way.

*Who is Tranquility iCBT for?* Tranquility is designed for adults (18+) dealing with mild/moderate anxiety and/or depression.

Please note that Tranquility is not appropriate for the treatment of severe mental health symptoms or individuals experiencing suicidal ideation.

**Register Today**

**Let us help take better care of you and your mental health needs.**

Use code "nnpbc" to register online. Contact [info@nnpbc.com](mailto:info@nnpbc.com) for more information on eligibility.

Please note: this service is not intended for mental health emergencies. If you or someone you know has suicidal ideations, is self-harming, or harming others, call 911 immediately.