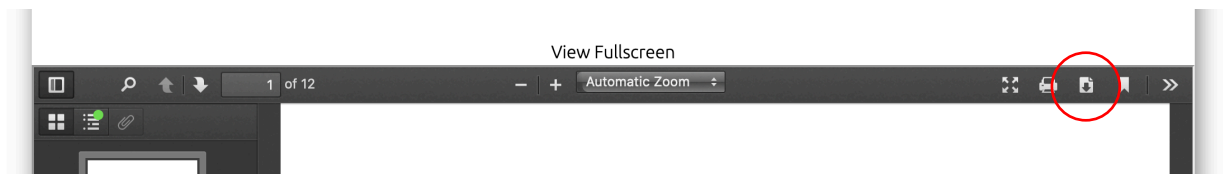


Information brochure and Guide to open an etherapies account



***You can download this document by clicking on the download button at the top of the document**



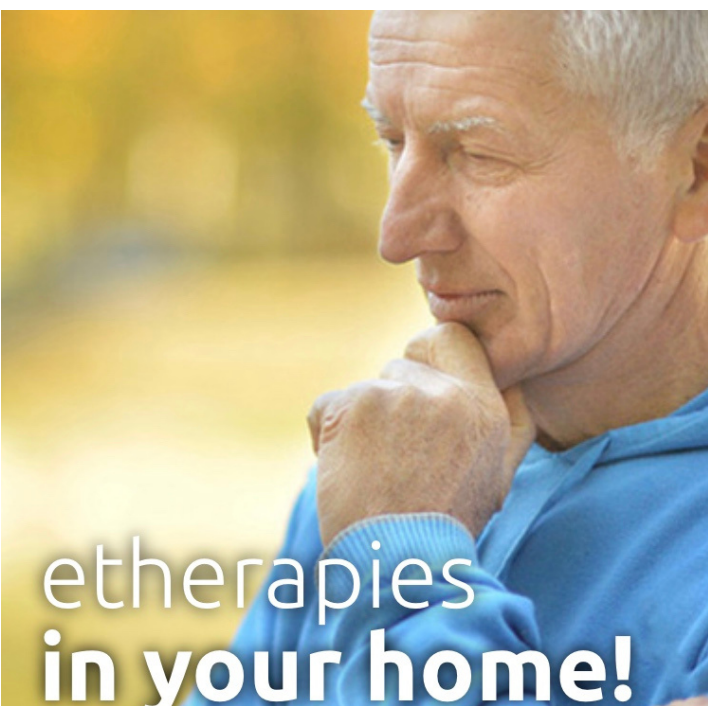
**Etherapies teamed up with Vitalité
Health Network
to offer you secure and confidential
online therapy programs**

Wellbeing Course :
8-week cognitive-behavioural
program for adults aged 26 and up

Mood Mechanic Course :
8-week cognitive-behavioural
program for youth aged 18 to 25

**Steps to see if these programs
can meet your needs:**

- 1) Online screening (15-20 min)
- 2) Telephone screening (30 min)



**etherapies
in your home!**

CONTACT US



Moncton
Community Mental Health
Centre
506-862-4144

Richibucto
Community Mental Health
Centre
506-523-7620
1-866-662-1166

Vitalité Health Network
Université de Moncton
Moncton (NB) Canada



www.etherapies.ca



ETHERAPIES

Online therapy programs to
manage stress, anxiety, and
depression for free

www.etherapies.ca



**etherapies
at your own
pace!**

WHAT DOES A PROGRAM INVOLVE?

- Five lessons that provide information and teach practical skills to help with symptom management
- Exercises to help you practice the skills you've learned and true stories from clients who used these courses to overcome their own symptoms
- Secure and confidential weekly emails with a clinician to guide you through the course and keep you motivated
- Short online questionnaires to fill out every week to assess your symptoms

IS ETHERAPIES FOR ME ?

The online therapy programs are effective for people who have problems with stress, anxiety, or depression.

To participate, you must:

- be 18 years of age or older and reside in New Brunswick
- not be experiencing severe symptoms of depression or high suicide risk
- not be experiencing unmanaged psychosis or mania, or significant problems with substance use
- not be following another psychotherapy



**etherapies
absolutely
free!**



**etherapies
without
meetings!**

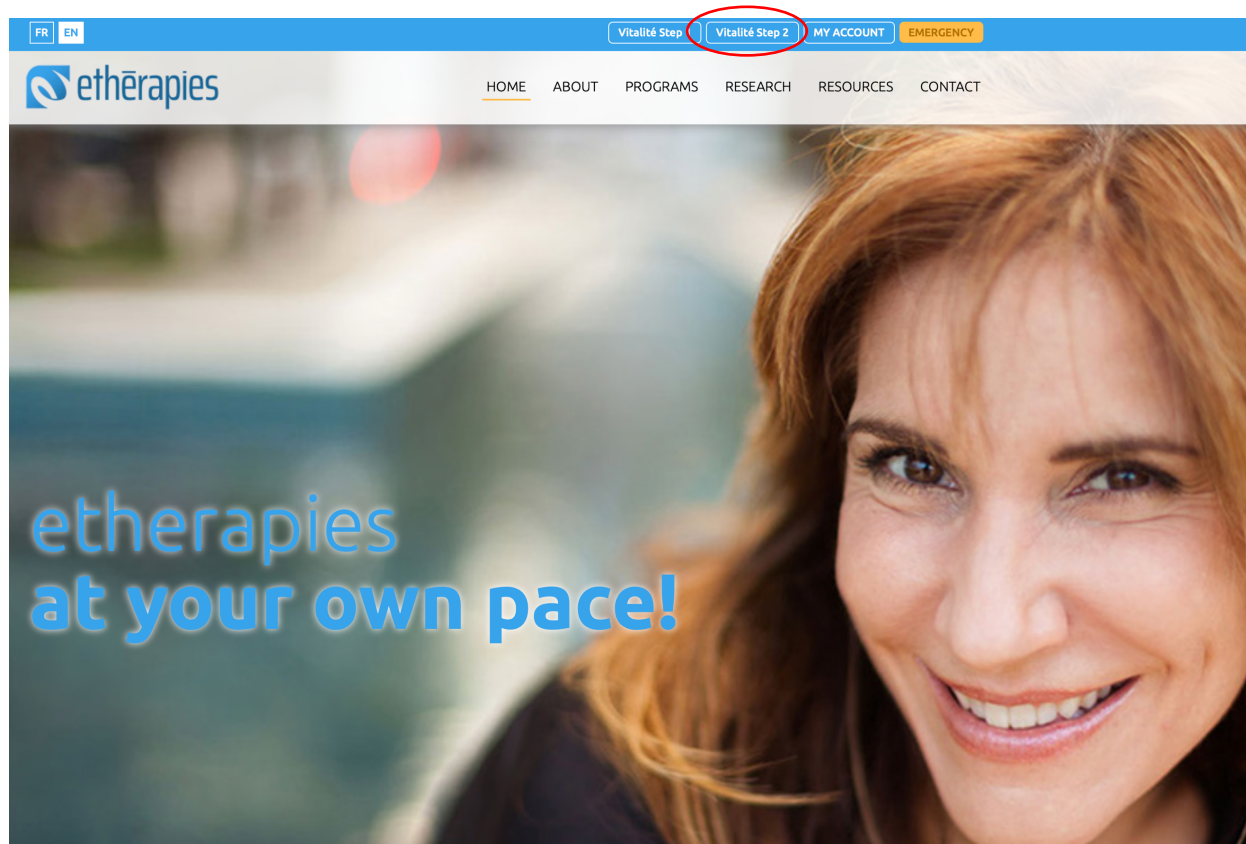
THE PROGRAMS...

- give a better understanding of the cycle between thoughts, behaviours, and physical symptoms
- help challenge unhelpful thoughts
- teach ways to manage physical symptoms with relaxation techniques and other strategies
- help overcome avoidance and fear behaviours in a safe way
- teach problem solving strategies and much more

GUIDE to open an account

To open an etherapies account, please follow these steps:

1. Please go to <https://etherapies.ca/> and click on the **Vitality Step 2** icon at the top, to the right of the page. The “Vitality step 1” icon contains this guide to open an account.



2. Enter the requested information. First, create a username and password. Also, enter your name, first name and date of birth. This is necessary information so that we can contact you and make sure that when you enter your username and password, it is you.

Etherapies

New account

[▼ Collapse all](#)

▼ Choose your username and password

Username



The password must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 non-alphanumeric character(s) such as *, -, or #

Password



▼ More details

Email address



Email (again)



First name



Surname



City/town

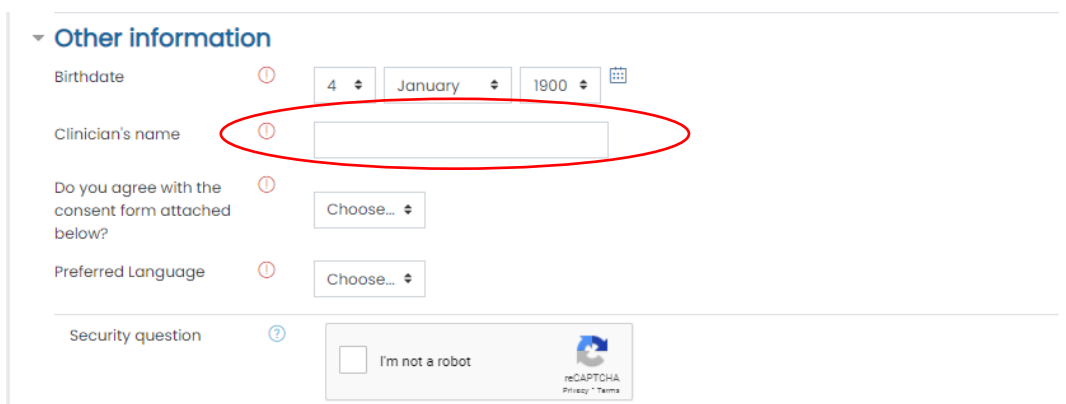
Country

▼ Other information

Birthdate



3. In the **clinician's name box**, enter your clinician's name.



▼ **Other information**

Birthdate ① 4 January 1900

Clinician's name ①

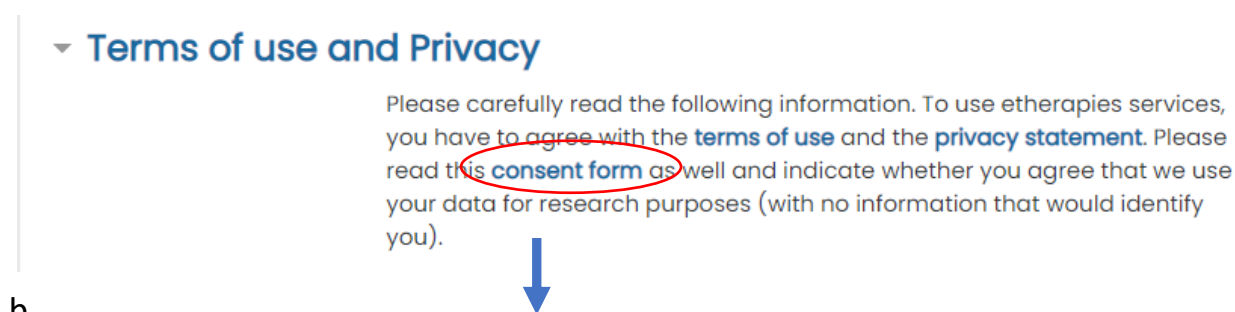
Do you agree with the consent form attached below? ① Choose...

Preferred Language ① Choose...

Security question ② ☐ I'm not a robot reCAPTCHA Privacy Terms

4. Indicate whether you agree with the consent form to allow the use of your information for research purposes. To do this, go first to the bottom of the page. Click on "consent form" to open the document. You will be taken to a new page. Read it carefully, then go back to the "New Account" page (window open at the top of your screen), go to the top of the page and indicate whether or not you agree by clicking on the arrows next to "Choose." Click on yes or no (this exemple is on a Mac).

a. .



▼ **Terms of use and Privacy**

Please carefully read the following information. To use etherapies services, you have to agree with the **terms of use** and the **privacy statement**. Please read this **consent form** as well and indicate whether you agree that we use your data for research purposes (with no information that would identify you).

b. .



C.

Other information

Birthdate

4

January

1900

Clinician's name

Do you agree with the consent form attached below?

Choose...

Preferred Language

Choose...

Security question

I'm not a robot

reCAPTCHA Privacy - Terms

Here is what the consent form looks like:



Therapy Services

etherapies is teaming up with the Vitalité Health Network to offer you a free therapy service in the form of online courses. The Internet therapy programs that are offered are for eight weeks. You follow the program at home depending on your availability. No face-to-face appointments are required.


To participate, you must have been referred by Vitalité. You need access to a computer in a private in a quiet private place and a secure Internet connection. These programs are designed to teach you practical, hands-on skills through reading lessons and exercises to help you manage your stress, anxiety or low mood.

During the the program, a Vitalité clinician will contact you by email or phone once a week to guide you and answer your questions.

In order to track your progress, clients in an Internet-based therapy program complete online questionnaires before the beginning of the program (approximately 20 minutes), each week during the program (5 minutes) and three months after the program (20-30 minutes).

5. Enter your preferred language by clicking on the arrows next to Choose. Then, for the safety question, click in the box next to "I'm not a robot."


▼ **Other information**

Birthdate ⓘ 

Clinician's name ⓘ

Do you agree with the consent form attached below? ⓘ

Preferred Language ⓘ

Security question ⓘ ☐ I'm not a robot  reCAPTCHA Privacy - Terms

6. Click on the link "terms of use" and then "privacy statement". Read these documents carefully. Click in the box next to "I understand and I agree."

▼ **Terms of use and Privacy**

Please carefully read the following information. To use etherapies services, you have to agree with the [terms of use](#) and the [privacy statement](#). Please read this [consent form](#) as well and indicate whether you agree that we use your data for research purposes (with no information that would identify you).

ⓘ ☐ I understand and agree

7. Click on “Create My Account”.

▼ Terms of use and Privacy

Please carefully read the following information. To use etherapies services, you have to agree with the [terms of use](#) and the [privacy statement](#). Please read this [consent form](#) as well and indicate whether you agree that we use your data for research purposes (with no information that would identify you).



☒ I understand and agree

Create my new account

Cancel

8. Your account will then have to be activated by the etherapies team, **this will take no more than 2 business days**. When your account is activated, you will receive an email from action@oohoo.biz saying you have a message. You can click on the link to log in to your account

Mail thinks this message is Junk Mail.

Move to Inbox

Admin User

Junk - Live 3:46 PM

AU

You received a message

To: _____,

Reply-To: Do not reply to this email

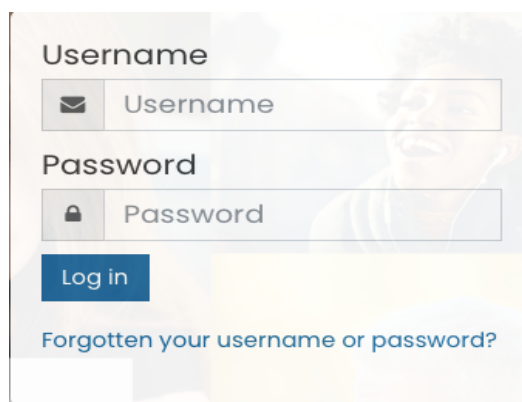
Please check your <https://action.oohoo.biz> account - a message has been sent to you.

Log in

9. You will be redirected to the log in page. Click on **Log in**.

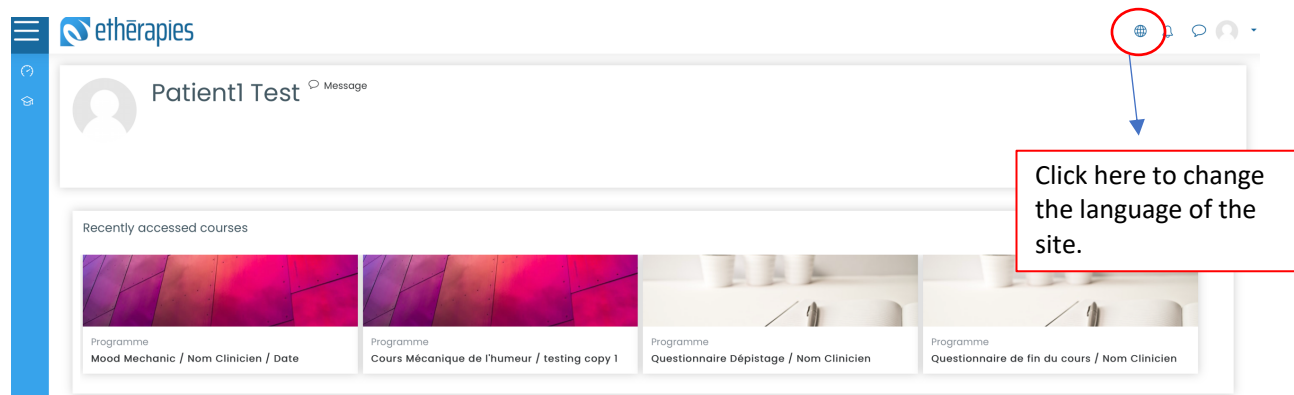


10. Enter your username and password in the framed boxes.



A login form with a light blue background and a faint image of a smiling woman. It contains two input fields: 'Username' with an envelope icon and 'Password' with a lock icon. Below the fields is a blue 'Log in' button and a link that says 'Forgotten your username or password?'.

11. You will then be in your account.



The dashboard for 'Patient1 Test' on the etherapies website. It features a blue sidebar with navigation icons. The main content area shows a profile header with a 'Message' link, a 'Recently accessed courses' section with four course cards, and a language selector icon (a globe) circled in red in the top right corner. A red box with an arrow points to the globe icon, containing the text: 'Click here to change the language of the site.'

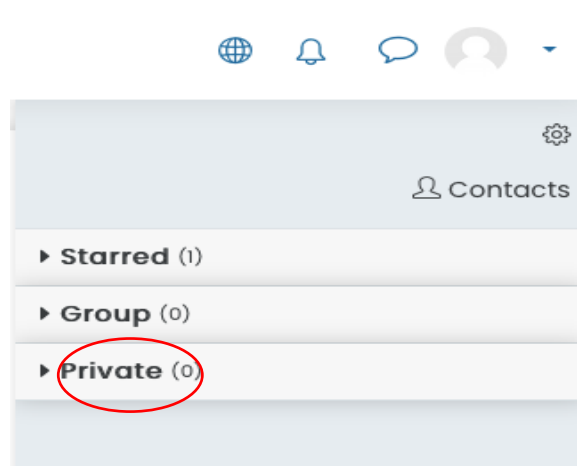
Problem accessing your account?

For any problem with your account (ex. : forgotten password), please contact us by email at info@etherapies.ca or by phone at 1 (506)858-4406 between 8 h 30 am and 4 h 30 pm Monday through Friday

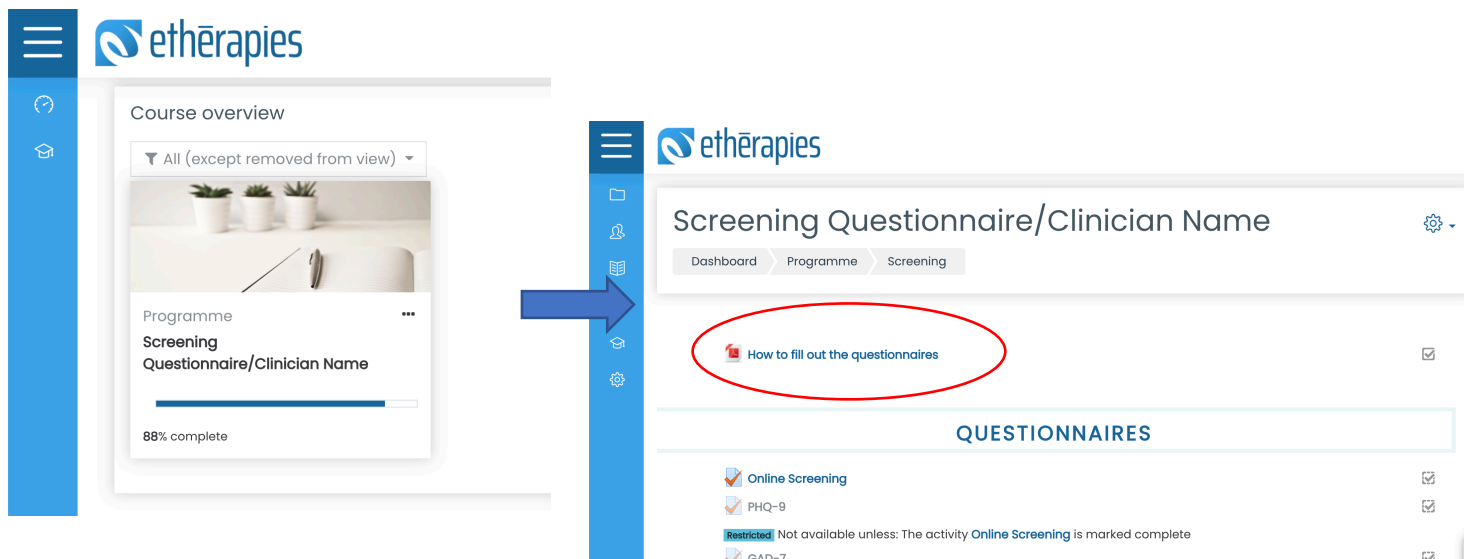
12. Click on the small bubble  in the top right corner of the page.



13. Then click on the **Private** tab and your messages will appear. The message will say that you can now complete the screening questionnaire. **You could receive this message even if you already completed the questionnaire.** If it is the case, please ignore the message.



14. You will be able to login to your account. You will then be able to click on Screening questionnaire. You will find a Guide explaining how to fill out the questionnaires, and then under the Guide, the questionnaires to fill out. **Please fill out these questionnaires as soon as possible within the next 3 days.**



Please note that if the questionnaires are not answered within these three days, we will conclude that you have decided not to continue the evaluation and will then proceed to **close your etherapies account**.

You will receive a message to remind you to complete the questionnaires 2 days after your account has been activated, if you have not already done so.

THANK YOU!