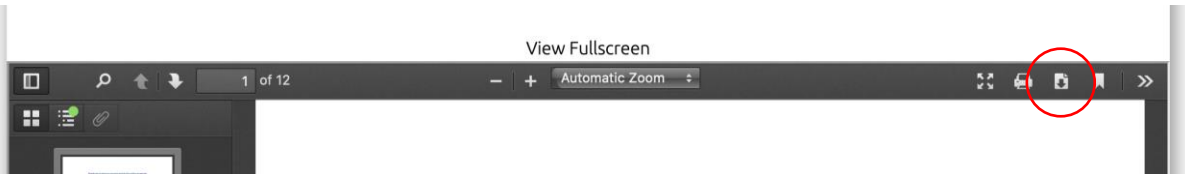


Information brochure and Guide to open an etherapies account



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



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

Wellbeing Course:

8-week cognitive-behavioral program
 for adults aged 26 and up

Mood Mechanic Course:

8-week cognitive-behavioral 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)

CONTACT US:

Moncton

Community Mental Health Centre

506-862-4144

Richibucto

Community Mental Health Centre

506-523-7620

1-866-662-1166



**ONLINE THERAPY PROGRAMS TO
 MANAGE STRESS,
 ANXIETY, AND
 DEPRESSION
 FOR FREE**



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 questionnaire 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

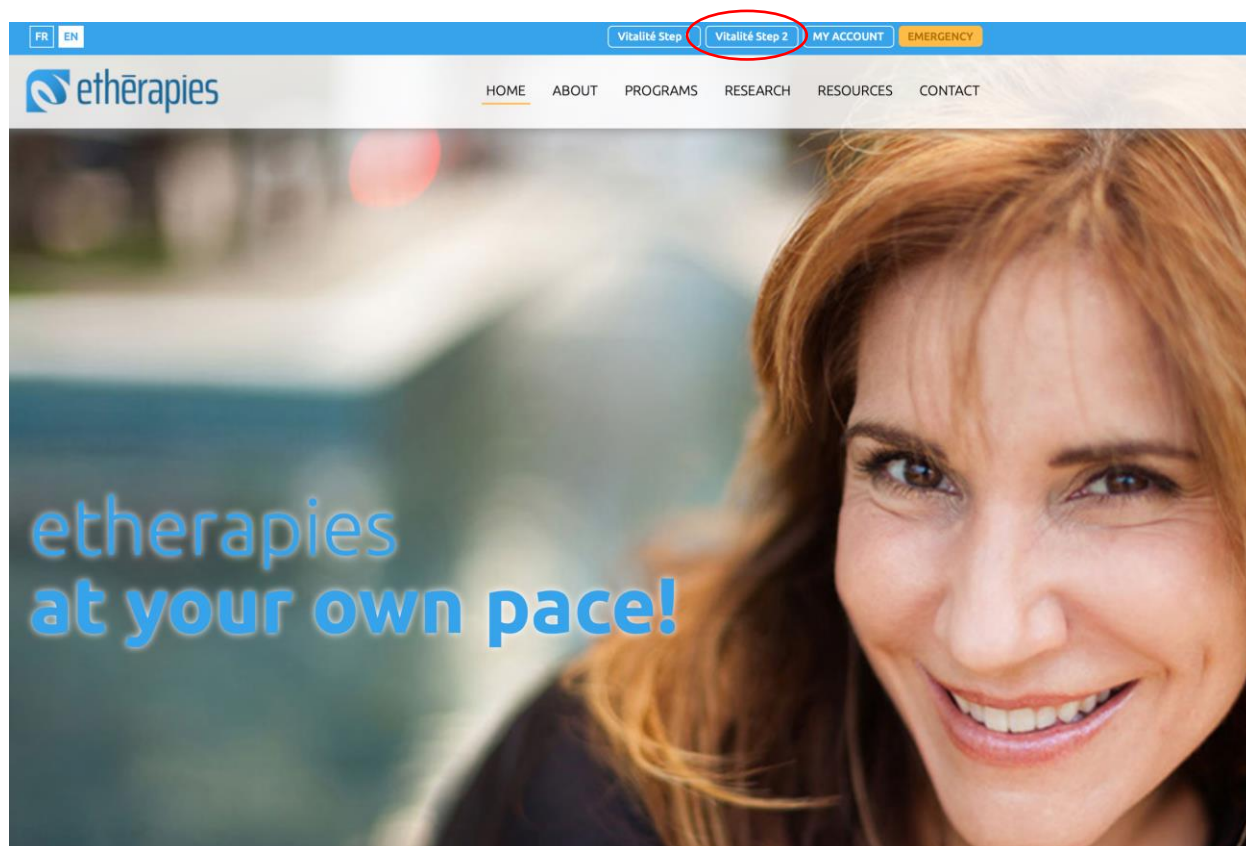
THE PROGRAMS...

- ♦ Give a better understanding of the cycle between thoughts, behaviors 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 as *, -, or #

Password 

▼ More details

Email address 

Email (again) 

First name 

Surname 

City/town

Country

▼ Other information

Birthdate  

3. In the box **Name of social worker\psychologist**, select your clinician's name.

▼ **Other information**

Birthdate ⓘ ⓘ

Do you agree with the consent form attached below? ⓘ

Preferred Language ⓘ

Name of social worker/psychologist ⓘ

Code

Birthdate ⓘ ⓘ

Do you agree with the consent form attached below? ⓘ

Preferred Language ⓘ

Name of social worker/psychologist ⓘ

Code

Security question ⓘ

reCAPTCHA Privacy - Terms

▼ **Terms of use and Privacy**

4. In the box **Code**, write the code your clinician gave you.

Preferred Language ⓘ Choose... ▾

Name of social worker/psychologist ⓘ

Code

5. 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 ⓘ ⓘ

Clinician's name ⓘ

Do you agree with the consent form attached below? ⓘ

Preferred Language ⓘ

Security question ⓘ ⓘ

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), after the program and three months later (20-30 minutes).

6. 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

7. 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

8. 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

9. Your account will be activated automatically, and you will be redirected to the screening questionnaire. **Please fill out these questionnaires as soon as possible within the next 3 days.**

Screening Questionnaire/Clinician Name

Tableau de bord
Programme
Screening

How to fill out the questionnaires
☒

QUESTIONNAIRES

	Online Screening	<input checked="" type="checkbox"/>
	PHQ-9	<input checked="" type="checkbox"/>
	Accès restreint Non disponible à moins que : L'activité Online Screening soit marquée comme achevée	<input checked="" type="checkbox"/>
	Accès restreint Non disponible à moins que : L'activité PHQ-9 soit marquée comme achevée	<input checked="" type="checkbox"/>
	Accès restreint Non disponible à moins que : L'activité GAD-7 soit marquée comme achevée	<input checked="" type="checkbox"/>
	Accès restreint Non disponible à moins que : L'activité Resilience scale soit marquée comme achevée	<input checked="" type="checkbox"/>
	Accès restreint Non disponible à moins que : L'activité Satisfaction with life questionnaire soit marquée comme achevée	<input checked="" type="checkbox"/>

10. Fill out the questionnaires by clicking on the first questionnaire of the list.

Screening Questionnaire/Clinician Name

Tableau de bord Programme Screening

How to fill out the questionnaires ☒

QUESTIONNAIRES

- Online Screening** ☒
- PHQ-9 ☒
- Accès restreint** Non disponible à moins que : L'activité **Online Screening** soit marquée comme achevée
- GAD-7 ☒
- Accès restreint** Non disponible à moins que : L'activité **PHQ-9** soit marquée comme achevée
- Resilience scale ☒
- Accès restreint** Non disponible à moins que : L'activité **GAD-7** soit marquée comme achevée
- Satisfaction with life questionnaire ☒
- Accès restreint** Non disponible à moins que : L'activité **Resilience scale** soit marquée comme achevée
- AUDIT ☒
- Accès restreint** Non disponible à moins que : L'activité **Satisfaction with life questionnaire** soit marquée comme achevée

11. You can also read the **How to fill out the questionnaires** guide to help you fill out the questionnaires.

Screening Questionnaire/Clinician Name

Tableau de bord Programme Screening

How to fill out the questionnaires ☒

QUESTIONNAIRES

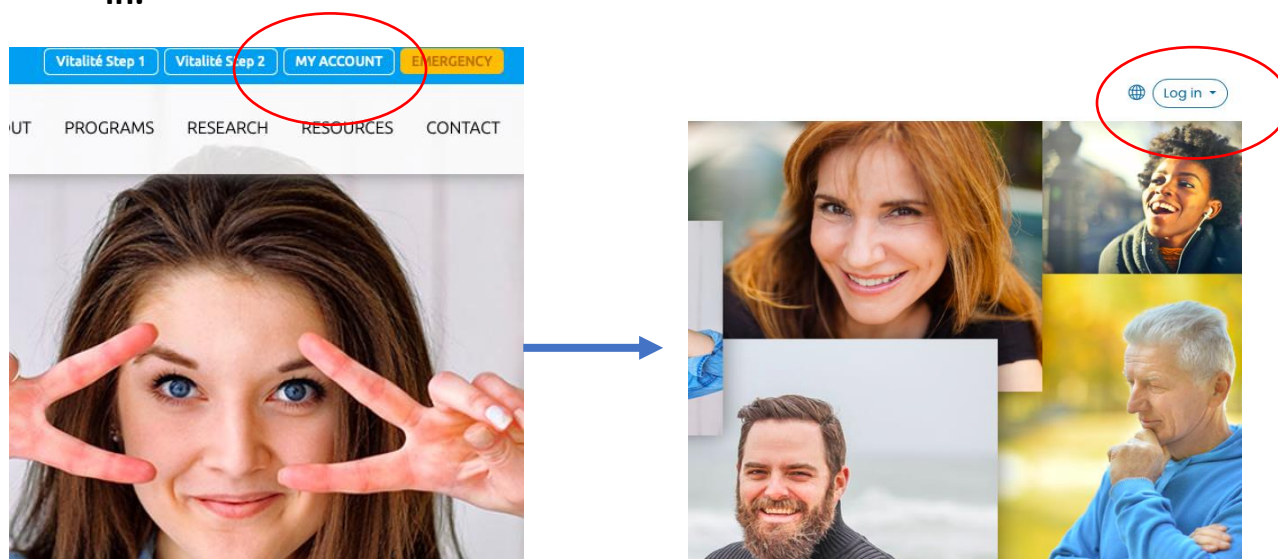
- Online Screening** ☒
- PHQ-9 ☒

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**.

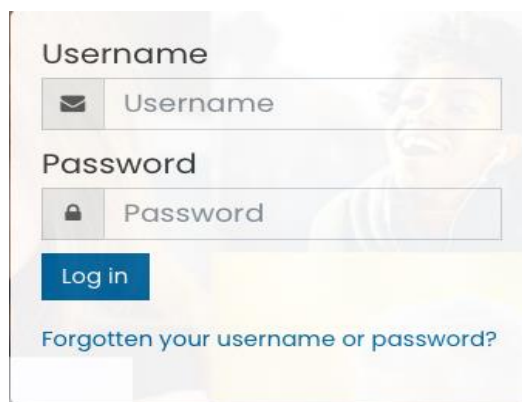
You will receive a message to remind you to complete the questionnaires 2 days after your account has been activated, if you have not already done so.

THANK YOU!

12. To log into your account again, return on our website **etherapies.ca** and click on **My account**. You will be redirected to the log in page. Click on **Log in**.



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



Username

Username

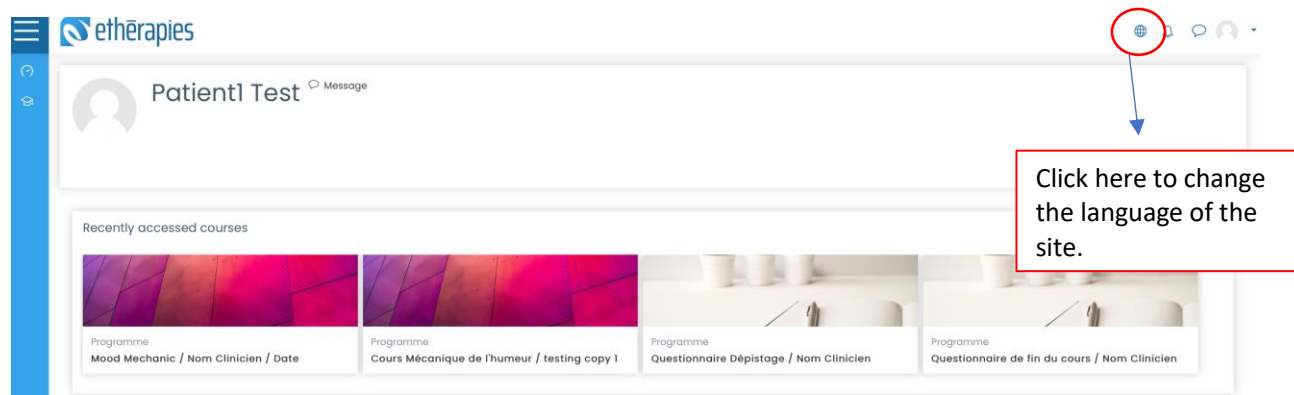
Password

Password

Log in

[Forgotten your username or password?](#)

14. You will then be in your account.



etherapies

Patient1 Test Message

Recently accessed courses

Programme	Programme	Programme	Programme
Mood Mechanic / Nom Clinicien / Date	Cours Mécanique de l'humeur / testing copy 1	Questionnaire Dépistage / Nom Clinicien	Questionnaire de fin du cours / Nom Clinicien

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