

Empower Your Well-Being with Self-Guided iCBT Therapy



AllOne Health is excited to offer self-guided therapy through internet-based Cognitive Behavioral Therapy (iCBT) courses, thoughtfully developed by our AllOne Health clinical team.

These online courses are designed to help you take charge of your mental health and well-being. Whether used as standalone tools or in partnership with therapy sessions, these courses provide effective strategies to enhance your mental health journey.

What Are iCBT Courses?

iCBT is a proven, effective method for understanding and managing thoughts, emotions, and behaviors. Our self-guided courses are designed to help you:

- Reduce stress and anxiety.
- Build better coping strategies.
- Enhance emotional resilience.
- Improve overall mental health.

Why Choose Self-Guided Therapy?

- **Flexible:** Complete the courses at your own pace, anytime and anywhere.
- **Accessible:** Available 24/7 in the online member portal & AllOne Health app.
- **Confidential:** Your participation is private and secure.
- **Proven Results:** Backed by science to help improve mental health.
- **Clinically Designed:** Created by our AllOne Health clinical team to deliver practical, effective tools for standalone use or to complement therapy sessions.

Getting Started Is Easy

1. Visit your member portal or download the AllOne Health app from Apple or Google stores.
2. To create an account and sign in, enter your email address and use your access code listed below.
3. Navigate to the 'iCBT Courses' or 'Cognitive Behavioral Therapy' section and choose the program that suits your needs.

** You can always call to access services, without needing to create an account on the member portal or AllOne Health app*



Take the first step to better mental health today with support from AllOne Health.

Call: 800-451-1834

Visit: AllOneHealth.com/portal

Member Portal and App Code: BDJBP

