



You're here for us, let us be there for you

To support your clients it's important
to also take care of yourself

Confidential virtual therapy that addresses COVID-19-related anxiety, including **self-care tips** to cope with **stress**, is available on your mobile device anytime, anywhere without a doctor's referral.

Sign up for AbilitiCBT at manitoba.ca/covid19

manitoba.ca/covid19

Manitoba 