

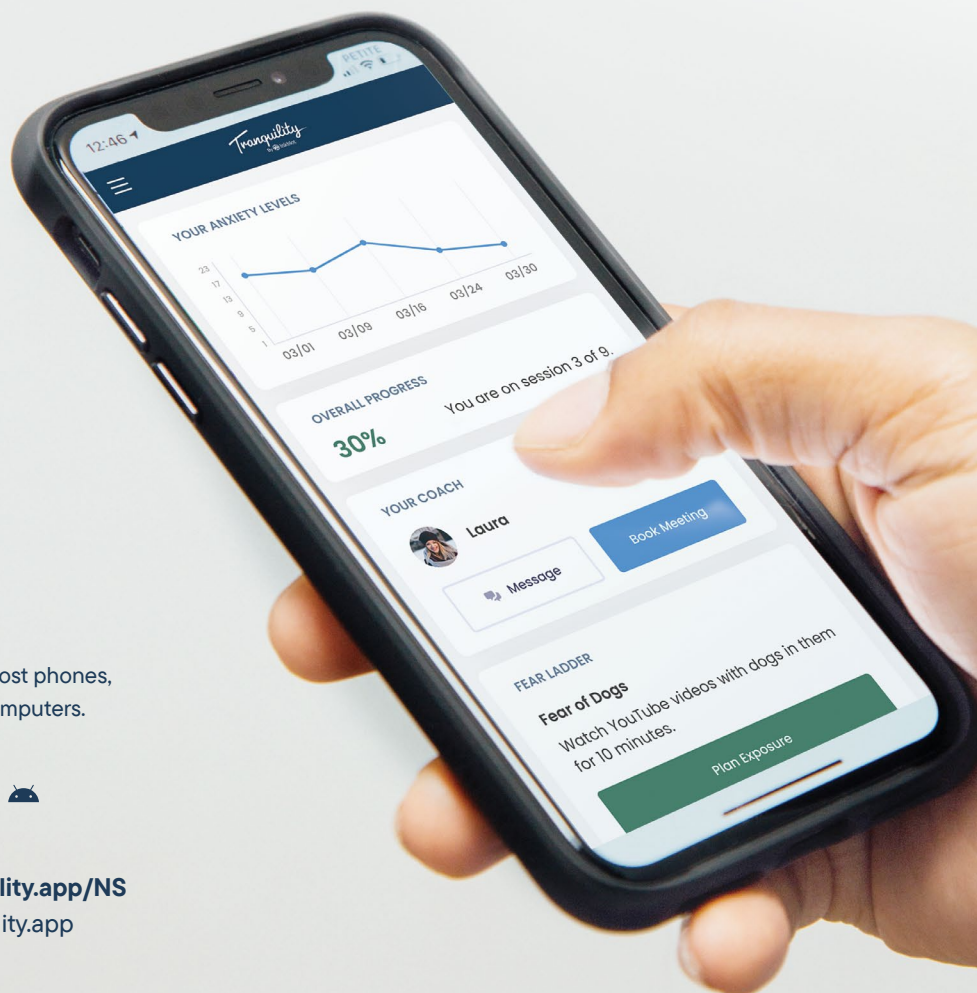
# Supporting a Better You.

Backed by science. Enhanced by coaching. Tailored for you.

## What is Tranquility?

Tranquility's online platform uses a gold-standard, Cognitive Behavioural Therapy (CBT) to help people with mild to moderate anxiety and/or depression.

Qualified and experienced coaches are on hand to help clients get the most out of the program. Our coaches listen, troubleshoot, and help keep clients motivated and accountable.



Available on most phones,  
tablets, and computers.



[www.tranquility.app/NS](http://www.tranquility.app/NS)  
[info@tranquility.app](mailto:info@tranquility.app)

## Who is Tranquility for?

Tranquility is designed for youth and adults (16+) experiencing stress, anxiety, low mood, and depression.

## How does Tranquility work?

Tranquility's program was co-developed by clinical psychologists and people with lived-experience. The program has three major components:

- 1 Nine to twelve psychoeducational modules
- 2 Four interactive tools
- 3 A coaching protocol

After completing the introductory modules, the program introduces concepts and interactive tools to help users learn how to manage their anxiety and/or depression through the identification of unhelpful perceptions and avoidance behaviours.

Most clients can complete the full program in 12 weeks.

Your commitment is required to get the most out of the program. While in the program, along with committing to 30 minutes of reading each week you are expected to complete a journal of emotions, thoughts, and reactions to situations and events and practice any or all of the new skills you learn.

## Coaching

Tranquility's users also have access to one-on-one virtual coaching. Coaches are trained in motivational interviewing and CBT concepts by our team of registered psychologists. Coaching is available through in-app messaging and/or weekly 30-minute video or phone sessions.



## How to access?

You can visit [www.tranquility.app/NS](http://www.tranquility.app/NS) for further information on the program and to see if it is a good fit for you. By clicking the "Click here, if ready to start now" button, you will be asked to confirm you meet the eligibility criteria for the program before being prompted to create an account and complete the enrolment process.

If you need help determining if this service may be appropriate for you, discuss it with your primary health care provider or call the Mental Health and Addictions Intake Service at 1-855-922-1122. Your health care provider or the Intake Service can refer you to the program and within two business days you will receive an email from the Tranquility team with instructions on how to get started! If you do not receive an email please contact our team at [info@tranquility.app](mailto:info@tranquility.app)

