



## AbleTo Participant Guide

With AbleTo, you'll get a personalized 8-week virtual therapy program that's proven to reduce depression and anxiety.\* Individuals work 1-on-1 with a licensed therapist over phone or video to help you learn new skills you can use daily to help manage stress and find more joy in life.

The program is free to eligible participants for a limited time through a Quell Foundation partnership with AbleTo.

If you're interested in a free AbleTo program that can help you feel better, email

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## AbleTo Summary

### No Cost

The program is free to eligible participants for a limited time through a Quell Foundation partnership with AbleTo.

### Virtual Therapy

You'll get care from the privacy and comfort of your own home over video or phone.

### Flexible Scheduling

You'll choose the day and time that works best for you, including nights and weekends.

### 8-Week Program

Proven\* and evidence based, with most programs lasting 8 weeks.

### Dedicated Therapists

You'll be matched with a dedicated therapist who remains with you throughout the program.

### Personalized Programs

Programs are tailored to meet your unique needs.

### Multiple Languages

Services are available in Spanish and many other languages with AbleTo providers or qualified interpreters.

### Proven Results\*

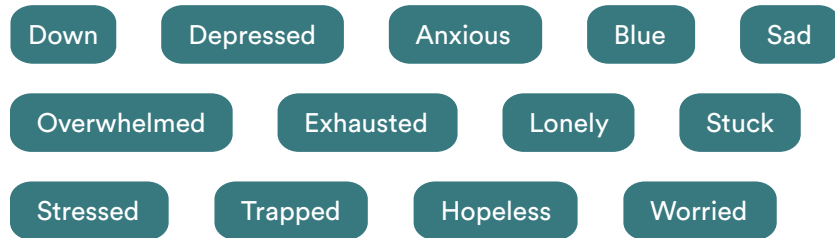
Our programs are based on a proven type of therapy that focuses on how your thoughts, feelings, and actions are all connected.

We'll help you see those connections, change unhelpful thoughts and actions, and build skills to feel better.



## How to tell if this might be right for you

AbleTo is for people who are at least 18 years old and is often a good fit for someone who is feeling



Many people who join AbleTo say things like

*"I want to feel better, but I don't know how"*

*"It's so hard to find time for myself, I'm always taking care of others"*

*"I can't stop worrying"*

*"I want to change my habits, but it's hard"*

*"I can't find a provider"*

*"I'm sad all the time"*

*"I'm hopeless. I'll never feel better"*

## When AbleTo might not be a good fit

AbleTo may not be right for you if you've had a recent psychiatric hospitalization, are managing persistent thoughts of suicide, or if you're looking for treatment for alcohol or drug use.

If you're in need of emergency emotional help, call the National Suicide Prevention Lifeline at 1-800-273-8255 or use Lifeline Chat for 24/7 free and confidential support at [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

You can also call the number on the back of your insurance card to see what kind of support they may offer.



## FAQs

The Quell Foundation has partnered with AbleTo to provide high-quality virtual therapy to support emotional health needs of healthcare workers on the front line of COVID-19.

### Is this therapy?

Yes. Every AbleTo program is led by a highly-trained therapist and is based on techniques that are proven\* to reduce depression, stress, and anxiety. AbleTo therapists are licensed social workers and specially trained to deliver high-quality care over phone or video.

### How is this different from other therapy?

AbleTo's programs are based on a proven\* type of therapy that focuses on how your thoughts, feelings, and actions are all connected. This is called Cognitive Behavioral Therapy (CBT). Over 8 weeks, we'll help you understand those connections, change unhelpful thoughts and actions, and build skills you can use for life to feel better.

### Does remote therapy work?

Yes. All of our therapists receive full and ongoing training to deliver AbleTo's proven\* programs that can be tailored to all backgrounds, religions, and opinions.

### How long does my program last?

Each AbleTo program offers up to 8 weeks of personalized support from a dedicated therapist. You'll work with your therapist to learn lifelong skills that can help you make each day more manageable.

### How do I work with a remote therapist?

AbleTo makes it easy. You participate in the comfort of your own home at a time that is convenient for you, connecting with your therapist by phone or video.

### How much does AbleTo cost?

AbleTo is free to eligible participants for a limited time through a Quell Foundation partnership.