

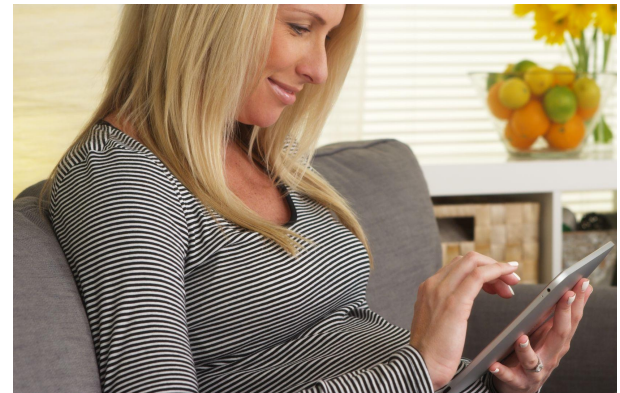


Digital Problem-Solving Therapy

Feeling down or stressed out? Try ePST® today to gain control of your problems and start feeling better soon!

Daily life problems can be stressful and cause or worsen depression. ePST® teaches you tools to resolve your problems. By addressing things head-on you start to feel in control of your life, your outlook improves, energy goes up. Your mood improves.

ePST® replicates the warmth and caring of live therapy... **yet you handle things on your own.** ePST® is private and secure. You can use ePST® by itself, or with other treatments, like live therapy or medication.



6 Sessions that can make a difference in your life!

Get Started Now!

If you've been referred to ePST®, check your email for an invitation. Accept the invitation to try a no obligation preview to see what ePST® is like.

No referral? ePST® is available to all EOPCN patients over age 18 at no cost to you. Request an invitation from a Mental Health Navigator by emailing mhnavigation@eopcn.ca or call 780-453-3757, ext. 116, 132 or 113.

Scroll down to learn more about what it's like to use ePST and hear what others say about it.

What's it like to use ePST®?

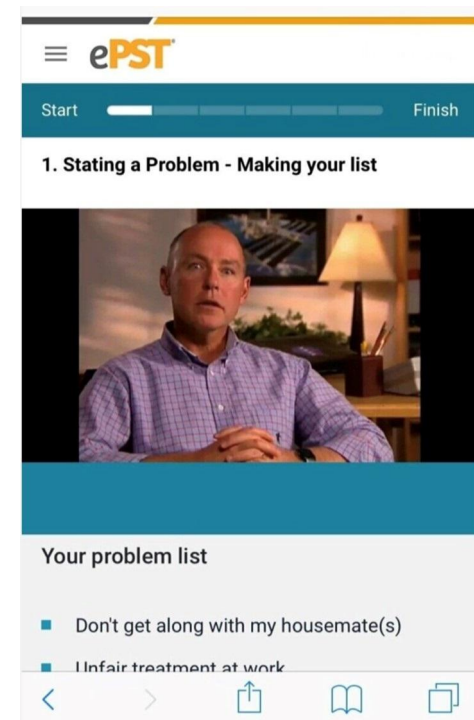
Your Digital Coach

Your digital coach, an expert in Problem-Solving Therapy, is with you at every step, guiding and encouraging you. The coach is not live but the technology makes it feel like live therapy.

- Learn on any device
- Schedule at your convenience
- Move at your own pace
- Receive personalized feedback.

ePST® is an interactive online/mobile program. It replicates the warmth and caring of live therapy...yet you handle things on your own. ePST® is private and secure. You can use ePST® by itself, or with other treatments like live therapy or medication.

- 6 weekly online sessions
- Each session takes about 45 minutes
- Start by tackling one problem to try out the steps
- The program does not solve your problems – you do that
- Your coach helps you take action
- Practice with other problems, get feedback, and hone your skills
- The next week together you check on your progress and adjust your plan.



What is problem-solving therapy?

Your coach helps you work through the problem-solving steps with your own life problems:

1. Chose a problem to solve and clarify it
2. Set a short-term goal
3. Brainstorm potential solutions
4. Weight the pros and cons
5. Make a step-by-step action plan
6. ePST® also helps you plan enjoyable activities...another important step to help you feel better.

What problems will I work on?

ePST® teaches you to manage practical problems—the kind of daily life issues that can make each day feel like a struggle. Some examples are:

- Finding time to exercise
- Conflicts with others
- Finances
- Managing a health condition
- Family issues

ePST® does not get into your childhood or past trauma, and it does not ask you to focus on your inner thoughts and feelings.



Does it work?

This treatment is backed by research.

Most users start to feel better within a few weeks. Problem-Solving Therapy (PST) is a form of CBT (cognitive-behavioral therapy). Research shows that PST is as effective for depression as antidepressant medication. Plus, unlike medication, the benefits of PST continue long after you stop treatment. Research shows that ePST works as well as PST by live clinicians.

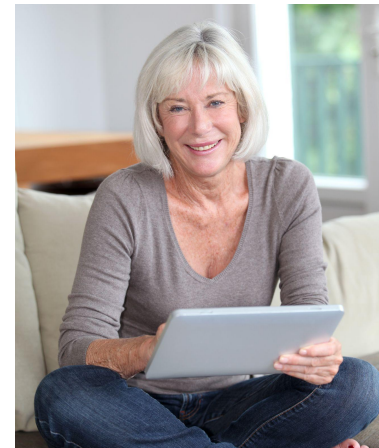
What do patients say about ePST®?

Most users feel better. Also your progress is displayed on your dashboard so you can see how well you are doing. [Click here to watch a demo video and hear what others say about ePST.](#)

"It's warm, positive, friendly, and non-judgmental."

"It's self-paced and totally to my specific problems and goals."

"It breaks down my problems and makes fixing them a reality."

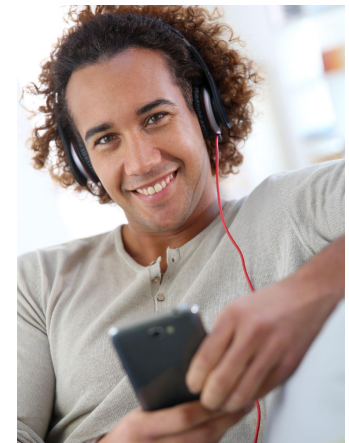


Is ePST right for me?

If you are experiencing depression, feel overwhelmed or stressed, or if you want to learn to manage life problems more effectively, ePST® can help. Willing to try a self-guided approach? ePST is likely a good fit for you.

- ePST® might be first thing you try
- ePST® can help even while you are trying other treatments, including medication
- You might find ePST® helpful while you are waiting to see a live counselor
- ePST® can provide additional support beyond a course of live counseling
- Some users see enough improvement with ePST® that they don't need additional treatment

However, ePST® is not for everyone—live counseling and other treatments are sometimes necessary. Talk with your clinician to come up with the best plan for you.



What else do I need to know?

For each session, get set up in a quiet area where you will not be interrupted. If you can't find a private area, try using earphones/buds.

You'll get email reminders of your weekly sessions and activities. If you miss a session, reschedule to get back on track. Complete all 6 sessions and try to carry out the between session activities to get the most out of ePST®.

Your EOPCN Mental Health Navigator will monitor your progress and safety and is available to help if needed—please call us if you feel stuck or need more guidance. For technical assistance with creating account or logging into ePST® contact support@evermindgroup.com