

Supporting a Better You.

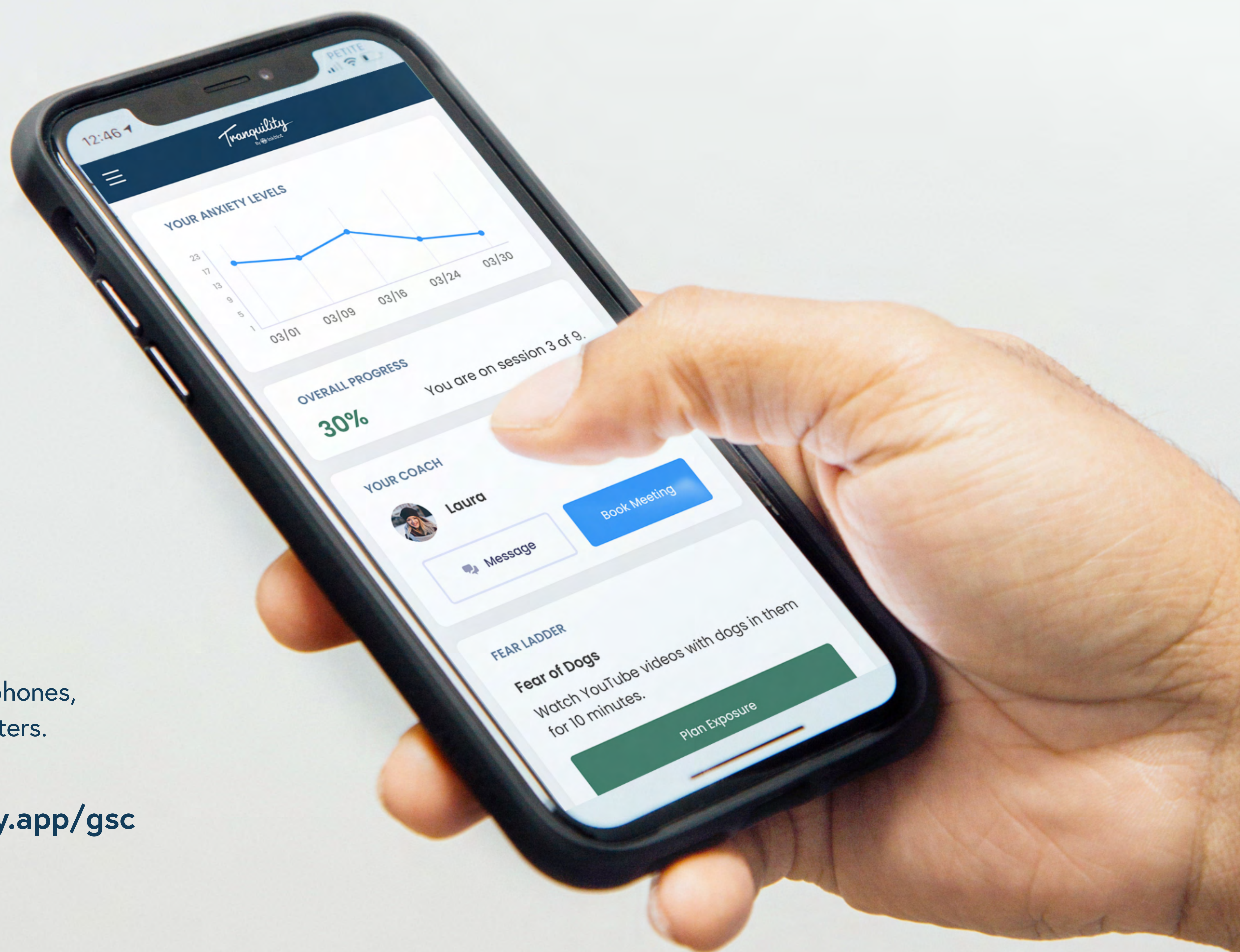
Backed by science. Enhanced by coaching. Tailored for you.

What is Tranquility by Inkblot?

Tranquility by Inkblot is a digital platform that uses internet-based Cognitive Behavioural Therapy (iCBT) to help people with anxiety and depression take control of their mental health.

We offer interactive learning modules, tools and coaching to help you develop positive coping strategies and reduce life-disrupting symptoms without the wait.

Learn how you can start building the skills to feel better with Tranquility by Inkblot.



Available on most phones,
tablets, and computers.

www.tranquility.app/gsc

Who is Tranquility by Inkblot for?

Tranquility by Inkblot is appropriate for clients aged 15+ with mild to moderate anxiety and/or depression.

How does Tranquility by Inkblot work?

Tranquility by Inkblot's program was co-developed by clinical psychologists and people with lived experience of mental health challenges to help individuals easily access the benefits of iCBT.

Internet-based CBT is an affordable, effective and easy-to-use anxiety and depression management tool. It works by teaching individuals how their thoughts and behaviours impact their mood, as well as providing strategies to reduce symptoms and cope positively.

In our program, you can access the benefits of iCBT through:

- 1 Educational iCBT modules and strategies for improving mental health.
- 2 Interactive tools to help you practice the skills you've learned.
- 3 An option to access a coach to help you along the way. You can complete the program independently or work with a Tranquility by Inkblot coach available through in-app messaging and/or weekly 30-minute video or phone sessions.

What makes Tranquility by Inkblot unique?

The Tranquility by Inkblot program was designed to be completed. One of few iCBT solutions to be clinically validated at every stage, Tranquility by Inkblot has been ranked a cut above competitors for its usability and strong adherence to CBT principles.

Our model encourages you to stay on track through regular in-app reminders or coaching. We help you stay motivated on your iCBT journey to better reach your mental health goals.

Get started

Want to access the benefits of iCBT? Tranquility by Inkblot is Green Shield Canada's (GSC's) preferred iCBT program. You can choose from a self-guided program (\$75 + applicable taxes) or a coach-assisted program (\$325 + applicable taxes)*. These rates are preferred prices and the program may be fully or partially covered through your benefits plan. If coverage isn't available, you still have access to the preferred pricing just for being a GSC plan member.

*Tranquility by Inkblot is currently available for GSC plan members residing in Canada.