

Path to Well-being

Virtual mental health support for the Jewish community

MCLEAN HOSPITAL | COMBINED JEWISH PHILANTHROPIES | JEWISH FAMILY & CHILDREN'S SERVICE

Path to Well-being is a *no-cost*, self-paced, virtual Cognitive Behavioral Therapy (CBT) program offered to adults in the Greater Boston area experiencing anxiety or depression. The program takes place over six to eight weeks and includes virtual weekly check-ins with a CBT coach from McLean Hospital, weekly symptom tracking, and four brief follow-up surveys after treatment.

This is not one-on-one therapy, but a skills-based treatment that focuses on the things people think and do that contribute to feelings of depression and anxiety.

Path to Well-being may be the right program for you if you are:

- **Experiencing mild to moderate anxiety or depression**
- **Interested in learning practical skills to boost your mental health**
- **Able to access a computer, tablet, or smartphone**
- **18 years or older**

The Path to Well-being program was developed in partnership with McLean Hospital and Jewish Family and Children's Service (JF&CS) and is part of CJP's Mental Health Initiative.

The program is part of a research study on the effectiveness of virtual CBT treatment to help advance advocacy for insurance coverage. All personal and identifying information will be kept 100% confidential and CJP does not receive any identifying information.

To learn more:

Call our intake line at 781-693-5562* or email mentalhealth@jfcsboston.org.

A knowledgeable counselor can help determine if Path to Well-being is right for you and can also refer you to other mental health and community resources.

**Please note: This is not a crisis line and is only staffed during JF&CS business hours. If you are experiencing a crisis, please contact the Massachusetts Emergency Services Program at 1-877-382-1609, call 911, or visit your nearest emergency room.*