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 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.

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

- Interested in learning practical skills for boosting your mental health
- Able to access a laptop, tablet, or smartphone
- 18 years or older

This is not one-on-one therapy, but a skills-based treatment that focuses on the things people think and do that contribute to disorders like:

- Mild to moderate anxiety or depression
- Chronic pain or other physical health stressors
- Using substances to cope with negative emotions
- Eating or body image concerns
- Trauma or elevated emotional distress

The Path to Well-being program was developed in partnership with McLean Hospital and Jewish Family and Children's Service (JF&CS).

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 988 for the national Suicide & Crisis Lifeline, or visit your nearest emergency room.