

TANGLED UP?

**Get mobile-friendly help for stress, anxiety, and depression
that fits around your busy life
...anytime, anywhere.**

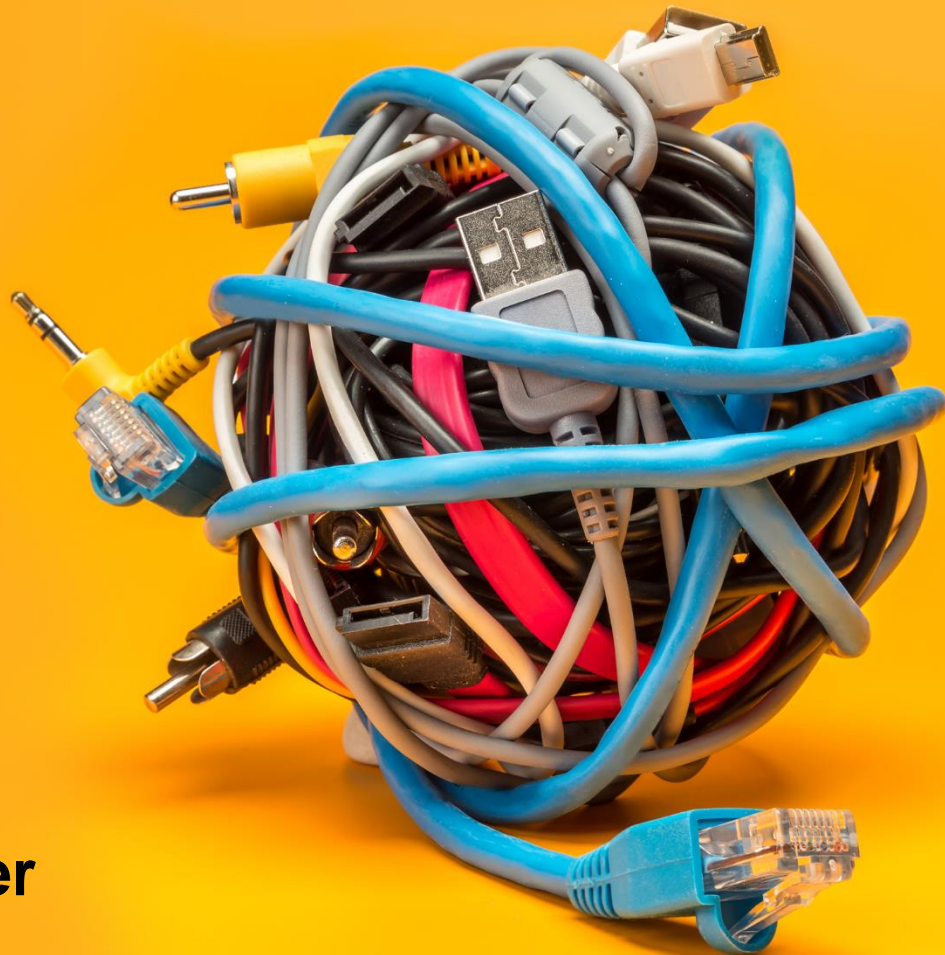
**For completely private
online self-help 24/7
sign up with your
university email
address at this url:**



TAO

Therapy Assistance Online

US.TAOconnect.org/register





Therapy Assistance Online

Sign up and get instant anonymous access to powerful evidence based programs, content, and tools to help you feel better.

US.TAOconnect.org/register

Let Go and Be Well

Introduction to Acceptance and Commitment Therapy
Fusion and Defusion
Thinking Mind vs. Observing Mind and Acceptance
Mindfulness
Values
Taking Action

Calming your Anxiety

Relaxation and Anxiety Reduction
Thoughts, Assumptions, and Core Beliefs
Mindfulness
Facing your Fears
Lifestyle Factors

Interpersonal Relationships and Communication

Managing Anger
Communication Strategies
Relationships
Communication Styles
Problem Solving

Leave your Blues Behind

Feelings and Thoughts
Understanding Stress and Relaxation
Unhealthy and Healthy Thoughts
Layers of Thinking
Core Beliefs
Relationships, Lifestyle,

Improving Your Mood

Behavioral Activation
Make and Activation Plan and Identifying Values
Achieving Flow and Identifying Strengths
Avoidance and Depression Traps
Problem Solving

Pain Management

Understanding Pain
Managing Pain and Lifestyle Factors
Cognitive Strategies for Pain Management
Mediation for Pain
Act for Pain Management

Evaluating My Alcohol and Drug Use

Do I Need to Do Something About My Alcohol or Drug Use?
Making Decisions about your Alcohol or Drug Use

Recovery Skills and Topics

Coping with Cravings
Refusal Skills and Social Support in Recovery
Recovering from a Lapse or Relapse
Overcoming Guilt and Shame
Managing Finances in Recovery
Time Management in Recovery
Identifying Core Values in Recovery

**Easy Sign Up at:
US.TAOconnect.org/register**

or use the QR code below.

- 1. Enter your basic info, use your university email address.**
- 2. Pick a password, leave the 'Enrollment Key' field blank.**
- 3. Click 'Sign Me Up!'**
- 4. Check your email. You will be sent a welcome email with instructions to log in.**

