



You can do this

Web-based Confidential Care

When it comes to your emotional health, finding the care and support you need can be hard. You have access to Web-based Confidential Care to help you or your family members receive the support you need, when you need it and in a way that is most comfortable to you.

This web-based care, called cognitive behavioral therapy, is organized into interactive programs that address the following areas of emotional health:

Feeling Depressed? A 4-session program for mild to moderate depression that helps you identify signs and symptoms of depression, challenge negative thoughts, manage relapse and schedule pleasant activities.

Struggling with Substance Use? A 9-week program for individuals suffering from alcohol, substance use and depression that helps by promoting long-lasting, skill-based changes in behavior and thinking.

Dealing with Anxiety? A 9-step program for anxiety, panic and phobias. The program provides explanations of the body's reaction to anxiety, and personal examples of individuals on the road to recovery.

Trouble Sleeping? A 6-week program for sleep problems and insomnia. The program provides videos on how to get a better night's sleep, as well as tools to measure sleep time and improve sleep.

Struggling with Obsessive Compulsive Disorder (OCD)? A 9-session program for obsessive compulsive disorder. The program provides interactive videos and user success stories that make the exercises easy to follow.

Focused on You

Choice and Coordination

These programs provide a choice, when appropriate, to accessing support. You may be more comfortable moving through the online program in a self-guided, self-paced way. You can even work with your care provider to use these programs before, along-side or after working face-to-face with a care provider.

Anytime, Anywhere

The programs can be accessed any time, day or night from anywhere with internet access on a device with a seven inch screen or larger.

Feeling Better, Being Better

Online cognitive behavioral therapy programs use clinical techniques that have been proven to help individuals attain new skills that enhance outcomes and resiliency for the long run.

Take the first step today.

**Employee Assistance
Program
1-800-424-4039**