



# 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**