

# Could you use a little bit of help?

In every life journey, there will be ups and there will be downs. Even the best of times can get overwhelming. Healthy worry and low mood happen normally in everyone's life, and when the tough times happen, you may even need a little bit of help getting through the rough patches.

TAO Self-Help is a completely private online library of behavioral health resources that includes engaging interactive **EDUCATION MODULES, ASSESSMENTS, PRACTICE TOOLS, AND MINDFULNESS LIBRARY** to help you understand and manage how you feel, think and act. TAO can be completed at your own pace to gain the knowledge, self-awareness, and skills you need to achieve your goals.



# TAO

Therapy Assistance Online

## HOW TO GET STARTED

1. Visit [thepath.taoconnect.org](http://thepath.taoconnect.org)
2. Click on 'Sign up in Self-Help with an Institution'
3. Complete the User Information using your NMU email address
  - a. Leave 'Enrollment Key' field blank
4. Complete the Demographic Information
5. Consent
6. Click 'Sign Me Up!'
7. Check your NMU email for your registration confirmation and temporary password
8. Login and change your password
9. Click on 'My Pathways' to access the modules available to you, or use the 'Screening Instrument' under 'My TAO Tools' to help you determine what modules will benefit your current life

## PATHWAY TOPICS:

- CALMING YOUR WORRY
- LET GO AND BE WELL
- INTERPERSONAL RELATIONSHIPS AND COMMUNICATION
- LEAVE YOUR BLUES BEHIND
- IMPROVING YOUR MOOD
- EVALUATING ALCOHOL & DRUG USE
- PAIN MANAGEMENT

Stress Management

Mindfulness Skills

Problem Solving

Relationship Skills

Avoid dwelling on your concerns

Develop helpful thinking patterns