

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

# SELF HELP THERAPIST ASSISTED ONLINE (TAO)

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# WHAT DOES TAO SELF-HELP ASSIST ME WITH?

- ANXIETY
  - STRESS
  - RELATIONSHIP PROBLEMS
  - ANGER MANAGEMENT
  - PROBLEM SOLVING
  - COMMUNICATION
  - EVALUATING YOUR ALCOHOL AND DRUG USE
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## HOW DO I USE TAO SELF-HELP?

- IT CAN BE USED AS INDIVIDUAL MODULES FOR FOCUSED PROBLEMS LIKE PROBLEM SOLVING OR COMMUNICATIONS OR CAN BE USED AS SET OF MODULES FOR MORE IN-DEPTH HELP WITH A PROBLEM AREA
- THE SETS OF MODULES IN TAO CONSIST OF 6-7 HIGHLY ENGAGING EDUCATIONAL MODELS
- TYPICALLY COMPLETED OVER 6-9 WEEKS, WITH INTERACTIVE ACTIVITIES TO HELP YOU LEARN STRATEGIES AND SKILLS
- YOU CAN ACCESS TAO SELF-HELP ON YOUR COMPUTER, TABLET, OR PHONE. YOU CAN ACCESS TAO AS LONG AS YOU ARE ENROLLED AS A BAYLOR STUDENT.

TO SIGN UP FOR SELF-HELP TAO: GO TO THIS WEB-  
ADDRESS [HTTPS://THEPATH.TAOCONNECT.ORG](https://thepath.taoconnect.org)

