

# Therapy Assistance Online (TAO)



## What is TAO?

- TAO is a free interactive, web-based program that can help build coping strategies to better manage common stressors: sadness, anxiety, relationship problems, anger, problem solving, low motivation, etc.
- TAO is accessible 24/7 through the website and now also through the TAO app
- TAO can be used as a stand-alone self-help support **or** can also be supplemented by occasional check-ins with a CAPS therapist in person or via video-conference
- TAO is based on well researched and highly effective strategies geared at helping you improve your coping strategies to live a happier life

## How can TAO help me?

- TAO provides education, support, and strategies to help you better manage common issues including: stress, problem-solving, anxiety, sadness, depression, anger issues, relationship problems, evaluating your substance use, chronic pain, and problems with motivation
- TAO follows a structured session-like format where it takes approximately **30-40 minutes** to complete each module. Most treatments are You watch videos, engage in interactive exercises, and **track your own progress** through **mood logs** and **wellness measures**
- Enjoy access to a **mindfulness library** full of exercises
- Scan now to **take a wellness measure** (must be over 18)   
  - **Or** access them by going to:  
[https://thepath.taoconnect.org/local/screening\\_instrument/survey.php](https://thepath.taoconnect.org/local/screening_instrument/survey.php)



## Who is eligible for TAO Self-Help?

- Anyone with an active FGCU email can register for TAO self-help

## How do I sign up for TAO Self-Help to get started on my own TODAY?

- Go to: [https://thepath.taoconnect.org/local/self\\_help/signup.php](https://thepath.taoconnect.org/local/self_help/signup.php)
  - **Or** download the TAO app: <https://www.taoconnect.org/app/>
  - **Or** scan this QR code: 
- Then register using your FGCU email 



- ✚ With TAO, you may have the option to meet briefly with a counselor via video conferencing or as a supplementary resource to your in-person therapy to check-in and discuss your challenges and progress

**To use TAO with the support of a therapist at CAPS or via videoconference you must:**

- Be a currently active and registered student
- Go to CAPS to set up an initial contact appointment so you can be assigned a therapist
- Or tell your current individual or group CAPS therapist you are interested in TAO

**Still have questions or want to learn more?**

- Check out the video at <https://www.taoconnect.org/>
- Or call FGCU CAPS at 239-590-7950

