

Feeling Anxious? Stressed? Depressed?

Want to:

- feel better now?
- learn new skills and coping strategies?
- deal with mental health concerns on your own time, at your own pace, in total privacy?

TAO CAN HELP!

Therapy Assistance Online (TAO) is a digital platform of tools and educational materials to help you understand and manage how you feel, think, and act.

TAO is available:

As Self-Help

The self-help option allows you to move through the modules at your own pace.

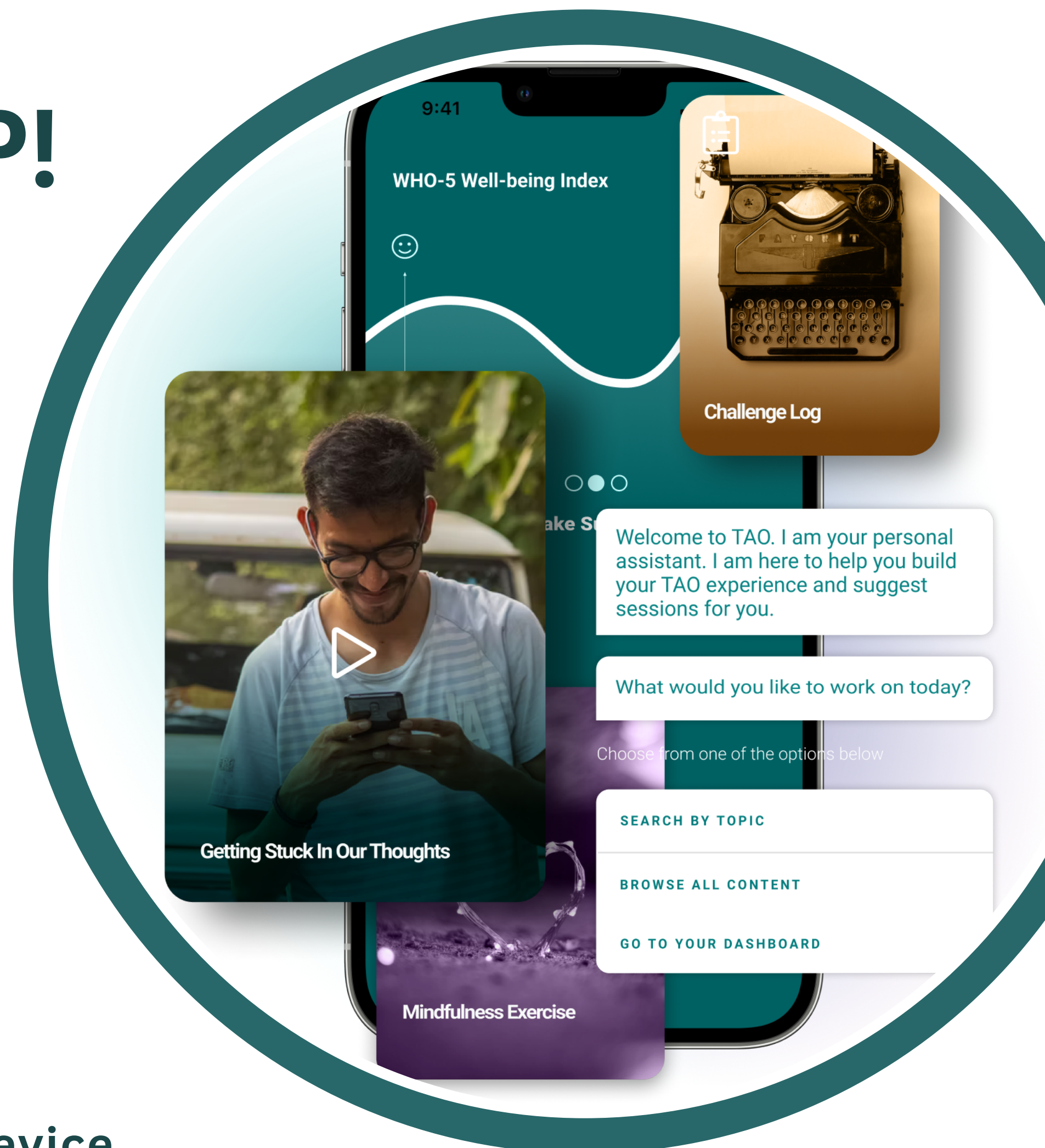
With a Counsellor

You and your therapist can combine online and mobile educational modules and practice tools with short phone conversations or video sessions. Connect with a counsellor through [Doorways](#) for more information.

- **Free**
- **Accessible 24/7 From Any Device**
- **Requires No Installation**

Try TAO Self-Help today!

- Go to <https://ca.taoconnect.org/register> or scan the code with your device.
- Enter your information as requested.
- TAO will send a confirmation link to the email address you provide.
- Click on the link in the TAO email to confirm your account.
- Log in and explore the content available.



Bridge **the** gapp



How to scan:

1. Open phone camera (some devices may require the download of a scanner app)
2. Point camera at the QR code
3. Wait for code to scan
4. Open QR code content (pop up)