



Take control.  
Make lasting  
changes for better  
mental health.

Cognitive behavioral therapy is proven and effective for addressing emotional and behavioral issues by changing your thinking and habits. Health Advocate's **digital cognitive behavioral therapy (dCBT)** program is an important self-paced tool you can use anytime, anywhere to improve your mental health.

### Simple to use

Just follow the directions provided to get to the online program. Then, take a short emotional health survey to help you select the learning module (section) that's right for you:

- Anger Management
- General Depression
- Low Self-Esteem
- Mindfulness
- Panic
- Opioids and Chronic Pain
- Perfectionism
- Phobias
- Sleep Management
- Social Anxiety
- Stress Management
- Trauma and Abuse
- Worry

### How it works

The modules guide you through steps to build skills to gain improved mental health using a variety of tools, including:

- Worksheet guides
- Thought journals
- Problem-solving worksheets
- Daily emotional health tracker
- Mindfulness and breathing exercises
- Can be used alone or in combination with other therapies
- Accessible 24/7 via the Health Advocate website and app

The dCBT program offers practical resources and daily inspiration to help you make meaningful and lasting behavior change. **Get started today!**

### Start improving your mental health today!

Go to:

- Click "Learn more" on the dCBT tile and register for the program
- Complete the emotional health survey
- Choose a module to begin immediately!

### Need more help?

If you are struggling with a mental health issue, you can always call a Health Advocate Licensed Counselor to learn about available counseling options.

Health Advocate's dCBT program is powered by Animo Therapy.

