

## INTRODUCING TAO (Therapy Assistance Online) Connect

We are excited to introduce a new and **FREE** online self-help tool for the Niagara University community! TAO (Therapy Assistance Online) Connect is a private, customizable, self-guided program that includes engaging, interactive educational modules and practice tools to help you understand and manage how you feel, think and act. Available modules address things like stress management, mindfulness skills, problem solving, relationship skills and strategies for bouncing back from life's disappointments and frustrations. TAO modules are accessible online 24/7 and can be completed through a smartphone, tablet or computer. You can complete TAO at your own pace, as it fits your schedule and needs. Please note that TAO Connect is completely self-directed, with no contact with a mental health professional.

**This partnership was made available with grant funds received from the *Mother Cabrini Health Foundation*.**

*WHO IS ELIGIBLE TO USE TAO?*

**All students, faculty and staff at least 18 years of age, with a Niagara University email address** are eligible for TAO Self-Help.

**Sign up for your free account today!**

### HOW TO REGISTER FOR TAO SELF-HELP

1. In your browser window, navigate to <https://us.taoconnect.org/register>
2. Enter First Name, Last Name, and your school email address
3. Create a Password
4. Leave the 'Enrollment Key' field blank.
5. Click Sign Me Up
6. Check your email. You will be sent a Welcome to TAO email with a confirmation link which you must click on to sign in.

For additional information please refer to TAO EXPLAINER VIDEO at:  
<https://vimeo.com/444538223>

TAO is available to you for free either online or on-the-go with your mobile device. You can download the TAO Mobile APP in the APP Store or Google Play. **Please make sure it is TAO version 3.**

If you have any questions please feel free to contact Niagara University Counseling Services at 716-286-8536.