



## An online Self-Help Resource

Offered through the Student Counseling Center

Visit us online at <http://students.uthscsa.edu/counseling/>

*Find the TAO Link on our [Resources](#) page*

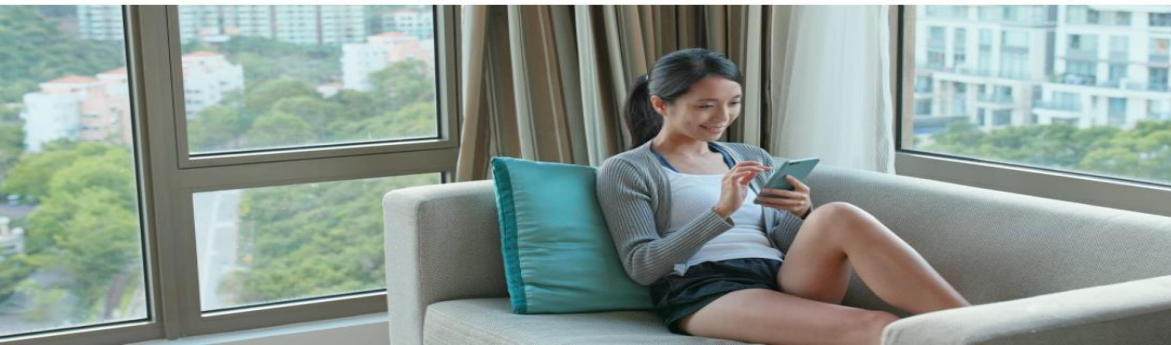
*For first time users: type in your UT Health email address and Click on*

*“Sign Up in Self-Help with an Institution.”*

*You will be prompted to complete some brief information and then you*

*have access to all online TAO tools!*

The help you want, when you need it most.



- Healthy Anxiety Management
- Mindfulness Library
- Healthy Relationships
- Helpful Mood Management Tips
- Healthy Depression Management
- Stress Management