



Change the way you think, and feel better

Digital Cognitive Behavioral Therapy

Digital Cognitive Behavioral Therapy (DCBT) programs have proven to work just as well as face-to-face therapy and prescription medicines. They're easy to use, educational, interactive and self-paced. You can use them anywhere at any time—all you need is a computer or mobile device that can play videos. Modules are available to help with a variety of conditions*:

ComfortAble™—for chronic pain

This seven-session program helps:

- Improve functioning
- Prevent pain flare-ups
- Change unproductive thoughts and behaviors

You'll also find information on specific conditions like back pain.

FearFighter®—for anxiety, panic & phobia

In this nine-session program, you'll:

- Learn how the body reacts to anxiety
- Take part in core belief exercises and keep a diary
- Create and maintain a fear ladder with goals

These activities help with overcoming fears and breaking the cycle of unhelpful thoughts and behaviors.

MoodCalmer—for depression

This four-session program helps you:

- Understand signs and symptoms
- Challenge negative thoughts
- Schedule pleasant activities to help manage relapse

OCFighter—for obsessive compulsive disorder

This nine-session module provides interactive videos and user success stories to help you:

- Understand ritual impacts
- Identify triggers
- Develop self-management skills to reach your goals

RESTORE®—for insomnia & other sleep difficulties

This six-session program teaches skills, techniques, and exercises to help improve your sleep and sleep quality. Between modules, you'll be asked to:

- Track your sleep daily
- Complete homework
- Work on exercises

SHADE—for substance use disorder

This ten-session program helps reduce alcohol and substance use. It can also help with depression related to use, and it:

- Teaches skills and techniques to understand addiction
- Helps improve mood, relaxation and mindfulness
- Promotes long-lasting, skill-based changes in behavior

Feel better today. Go online to get started.

**You may not have access to all of the modules.*

Employee Assistance Program
1-800-424-4039