

DIGITAL BEHAVIORAL HEALTH

You're stronger than you think.



The Animo program, offered in conjunction with the SupportLinc MAP, provides web and mobile tools that help users address stress, depression or anxiety.

Animo is safe and secure – just for you. It offers personalized resources to support your focus and wellbeing.

Discover your inner strength today by visiting the Animo portal, downloading the Animo app or clicking the Animo tab on the SupportLinc website.

ANIMO MODULES

The Animo platform includes a library of digital modules and sessions, such as:

- Coping with Panic
- Diaphragmatic Breathing
- Mindfulness
- Problem Solving
- Stress Management
- Visualization
- Worry Control

ANIMO SOCIAL



@animotherapy

WEB

www.goanimo.com

Use your employer's name as the code to create a personal profile on Animo.

MOBILE

