

# Animo

Discover your inner strength and foster meaningful change

Animo provides web and mobile tools to help you address stress, depression, anxiety and general emotional fitness through self-guided sessions and Textcoach® text therapy, all in a safe and secure environment. Complete a brief emotional fitness survey and then choose one of the suggested modules to build your skills using videos, audio lessons and other coursework. Plus you can access personalized coaching from a licensed clinician through Textcoach® at any time.

## Safe, secure and just for you

Visit the Animo website or download the mobile app for confidential, secure access to personalized text therapy as well as the full library of modules, including:

- Coping with Panic
- Perfectionism
- Social Anxiety
- Low Self-Esteem
- Phobias
- Stress Management
- Depression
- Worry
- Anger Management
- Trauma and Abuse

## Get started!



Visit [goanimo.com](https://goanimo.com)



Download the mobile app

Group code: cbebt



*Animo is available for persons ages 18 and older.*