

# Empower Your Well-Being with Self-Guided iCBT Therapy



AllOne Health is excited to offer self-guided therapy through internet-based Cognitive Behavioral Therapy (iCBT) courses, thoughtfully developed by our AllOne Health clinical team.

These online courses are designed to help you take charge of your mental health and well-being. Whether used as standalone tools or in partnership with therapy sessions, these courses provide effective strategies to enhance your mental health journey.

## What Are iCBT Courses?

iCBT is a proven, effective method for understanding and managing thoughts, emotions, and behaviors. Our self-guided courses are designed to help you:

- Reduce stress and anxiety.
- Build better coping strategies.
- Enhance emotional resilience.
- Improve overall mental health.

## Why Choose Self-Guided Therapy?

- **Flexible:** Complete the courses at your own pace, anytime and anywhere.
- **Accessible:** Available 24/7 in the online member portal & AllOne Health app.
- **Confidential:** Your participation is private and secure.
- **Proven Results:** Backed by science to help improve mental health.
- **Clinically Designed:** Created by our AllOne Health clinical team to deliver practical, effective tools for standalone use or to complement therapy sessions.

## Getting Started Is Easy

1. Visit [<<www.txhhsseap.com>>](http://www.txhhsseap.com) or download the AllOne Health app from Apple or Google stores.
2. To create an account and sign in, enter your email address and company code: [<<DSHS/HHSC>>](http://www.txhhsseap.com)
3. Navigate to the 'iCBT Courses' or 'Cognitive Behavioral Therapy' section and choose the program that suits your needs.

*\* You can always call to access services, without needing to create an account on the member portal or AllOne Health app*



**Take the first step to better mental health today with support from AllOne Health.**

## Need Help Getting Started?

Call: 1-888-993-7650 or 1-866-327-2400

Visit: [www.txhhsseap.com](http://www.txhhsseap.com)

Member Portal and App Code: DSHS/HHSC

