

SIGN UP FOR TAO



This self-help program offers a variety of well-being and mental health resources to help overcome many challenges and life stressors. Below are some of the many ways TAO may benefit you.

Scan the QR code to get started -->



1 BEGIN YOUR PATH TO WELL-BEING

TAO offers useful resources for promoting well-being including healthy sleep, finding balance, and relaxation strategies

2 DEVELOP USEFUL LIFE SKILLS

TAO teaches skills to support success including setting goals, communication strategies, relationship skills, and identifying values.

3 NAVIGATE CHALLENGES WITH SUPPORT

TAO teaches skills to address challenges faced by college students including perfectionism, test anxiety, loneliness, and imposter syndrome.

4 LEARN SKILLS TO ADDRESS MENTAL HEALTH ISSUES

TAO provides courses designed to learn skills to address depression, anxiety, trauma, anger, grief, and other issues.

Counseling and Psychological Services (CAPS) is available anytime if you are interested in seeking out additional support. We are here to support you and your success at Purdue!



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Counseling and Psychological Services

Connect With Us

765-494-6995

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