Obsessive-Compulsive Disorder



The Obsessive-Compulsive
Disorder module is an online
program that is proven to
help with the treatment of
obsessive compulsive
disorder in short, easy
sessions.

This program focuses on understanding ritual impacts, trigger identification, and develops self-management skills to create challenging ways of using exposure to attain goals.

Feeling better, being better

- Proven, medication-free option
- Simple, easy-to-follow instructions
- Access anytime, anywhere and at your own pace
- Private and confidential

Research proves you can:

- Learn new skills to help feel better
- Gain knowledge to prevent setbacks
- Reduce the amount of time spent obsessing and ritualizing

Available to you at no cost.

Begin feeling better by logging on today.

The most optimal browsers to use when accessing the programs are the latest Google Chrome or Firefox browsers.

A Program You Can Trust



800-327-4968

(800-EAP-4-YOU) TTY: 877-492-7341 www.EAP4YOU.com



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