Introduction to TAO (Therapy Assisted Online):
Your Online Mental Health Tool

A Fall 2018 Student Workshop

When & Where
Tuesday, September 11
12:30-1:30 PM
African American Student Services
Lounge Area, Mesa Vista 1130

What You’ll Learn:
• Learn about use of Tech in Mental Health
• Get enrolled for Self-Help
• Tailor your modules to your needs and issues
• Discuss the issues that are primary for Black students

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu

shac.unm.edu