Animo provides web and mobile tools to help you address stress, depression, anxiety and general emotional fitness in a safe and secure self-guided environment. Complete a brief emotional fitness survey and then choose one of the suggested modules. Each module has five short competency-building sessions that include a combination of videos, audio lessons and coursework designed to help you foster meaningful and lasting behavior change.

**Safe, secure and just for you**

Visit the Animo website, download the mobile app or click the Animo icon on your web portal for confidential, secure access to 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!**

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Download the mobile app today!