

**iHelp:** Sandy Stress Relief gives you access to free, confidential and effective, online programs that use cognitive behavioral therapy, or CBT for short, to help you regain a sense of emotional well-being. CBT is a tried, tested and effective way for people to learn new skills that help to overcome the emotional distress that arises after a disaster.

- Most programs completed in **4 to 10 weeks**
- Shown to be **as effective** as face-to-face therapy

### WHY USE IHELP?

- ✓ The programs address the most common emotional problems that arise following a disaster
- ✓ No appointment, no waitlist
- ✓ Go at your own pace
- ✓ Confidential and secure
- ✓ Available anytime, anywhere
- ✓ 24/7/365 support through telephone, text and chat
- ✓ No insurance or payment necessary
- ✓ Available in English and Spanish

### INTERESTED IN BRINGING IHELP TO YOUR NEIGHBORHOOD?

If you would like to learn more about how you can become a referral site or would like a presentation about iHelp contact:

**iHelp:** Sandy Stress Relief  
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### MOODCALMER™ | ⌚ FOUR | 20-40 min sessions

MoodCalmer™ helps people with depressed mood in 4 easy, short sessions. You'll learn how to change harmful cycles of thoughts, feelings and behaviors. This program has been proven to help reduce depression severity by 41%.

### RESTORE™ | ⌚ SIX | 30-50 min sessions

Restore™ is an online program that helps people with insomnia in 6 short, easy sessions. You'll learn new skills including relaxation exercises, sleep restriction and mindfulness that promote better sleep. Research has shown that it increases sleep time by 50 minutes per night.

### FEARFIGHTER™ | ⌚ SIX | 30-50 min sessions

FearFighter™ can help you manage your anxiety, phobias and panic in 9 sessions. People who use it have reduced their panic and phobia by 63%. In fact, using FearFighter™ is as effective as going to a therapist.

### SHADE™ | ⌚ TEN | 30-50 min sessions

SHADE™ helps people reduce hazardous drug and alcohol use in both the short and long term. In just 10 sessions, people who have participated in SHADE™ have reduced hazardous drug and alcohol use by 44-58% after 6 months and by 72% after 12 months.

### OCFIGHTER™ | ⌚ NINE | 30-50 min sessions

OCFighter™ helps people with obsessions and compulsions improve so that they can spend less time ritualizing and obsessing. People who use OCFighter™ have reduced the time spent on these activities by 3.4 hours per day. That is time that they can now spend doing other things.