
ABOUT

iHelp: Sandy Stress Relief

Are you one of the 700,000 New Yorkers who are still experiencing distress as a result of Superstorm Sandy?

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 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 distress that often follows a major disaster.

Best of all, you can access the programs and telephone, text, and chat support with our specially trained counselors 24 hours per day, 7 days per week.

Description of 5 programs

- Most programs completed in 4 to 10 weeks
- 8 out of 10 people experience improved health

OUR PROGRAMS

MOOD CALMER

Feeling down? MoodCalmer helps people with depressed mood in four easy, short sessions. You'll learn to recognize unhelpful thoughts and how they can create bad feelings. This program has been proven to help reduce depression severity by 41%.

OC FIGHTER

Suffering from OCD? OCFighter helps people with OCD 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 pleasurable or productive activities.

RESTORE

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

FEAR FIGHTER

Feeling tense or anxious? 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

Struggling with alcohol or substance use? SHADE helps people reduce hazardous drug and alcohol use in both the short and longer 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.

WHY IHELP?

- No appointment, no waitlist
- Go at your own pace
- Available anytime, anywhere you need - 24/7/365 through telephone, text and chat
- Just as effective as face-to-face therapy (in some cases it's even better)
- Is confidential and secure - No insurance or payment necessary

2 EASY WAYS TO GET STARTED

- Call 1 (866) 793-2765 to connect with a counselor and be enrolled over the phone.
- Go to mha.cobaltcbt.com to immediately enroll yourself

For more information, please contact:
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