



Evidence Based

Clinical experts tailor a care plan for each participant utilizing Cognitive Behavioral Therapy, the gold standard treatment for anxiety and OCD.



Empowering

Exposure therapy helps participants practice skills in the real world to overcome and manage symptoms effectively.

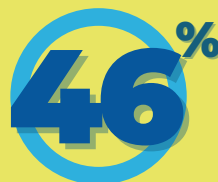
InStride Health™ Zoom Webinar

Thursday, May 9th
12:30-1:00pm

Join to learn more about InStride Health; a flexible, virtual treatment program for individuals ages 7-22 with anxiety and OCD.

This new benefit is available to employees and their dependents who are covered under the State of New Hampshire health plan.

CLICK TO REGISTER



of participants saw a reduction in anxiety symptoms following just two months of treatment



www.instride.health



855-438-8331