

Let's Get Started- TAO

Therapy Assistance Online- a suite of online tools for well-being, resilience, and behavioral health.

Do you already have a TAO account? If **yes**, you can go straight to page 6. If **no**, your first step will be to register for TAO.

You have two options to register for TAO. 1) Click on the enrollment link associated with your class below or 2) Point your phone's camera at the QR code associated with your class.

Thrive Modules

Module Name	Enrolment Link (If you need to set up a TAO account)	Enrollment Key (If you already have a TAO account)
Coping with Difficult Emotions	https://ca.taoconnect.org/student/invite/22/Thrive1	Thrive1
Resilience	https://ca.taoconnect.org/student/invite/22/Thrive2	Thrive2
Mindfulness & Relaxation	https://ca.taoconnect.org/student/invite/22/Thrive3	Thrive3
Boundaries & Communication	https://ca.taoconnect.org/student/invite/22/Thrive3	Thrive4

[Register](#)

Sign up Now

User Information

Complete the form to sign up.

First Name

Last Name

Login Information

Email Address

Password

Confirm Password

Enrollment Key (optional)

If you were provided an enrollment key, enter it above. This auto enrolls you to a specific group or curriculum.

SIGN ME UP

Once you've clicked the link, you will be brought to the TAO Registration page. Enter your first and last name and your Windsor email address. Then, you will need to set a password. Don't worry about an enrollment key- that is embedded in the link you followed.

Tao Connect v3

Hello Test,

An account has been created for you at TAO Connect. To continue the setup, please click the button below to verify your email address and set your password.

[Verify Email & Set Password](#)

Thank You,
Tao Connect v3

If you're having trouble clicking the "Verify Email & Set Password" button, copy and paste the URL below into your web browser: <https://us.taconnect.org/password/reset/7f52c8e03f2051b3c7362d923f56db616dbb4313e02ee74b1e618abc7ecdde?email=dubbyatt2@gmail.com>

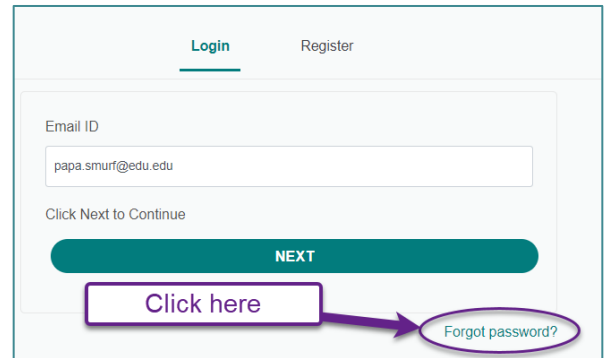
You will now get an email to verify your email address. This email will also give you a temporary password, information on where to log in, and links to download the apps if desired.

If you did not get a welcome email, read below. If you did, go to page 4.

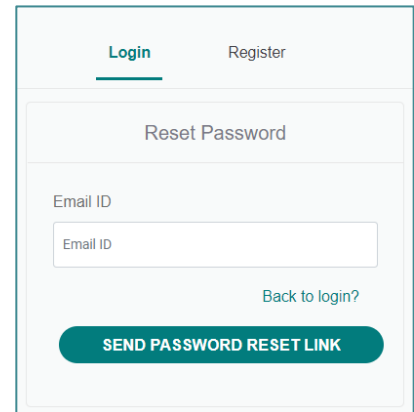
I didn't get my welcome email. What do I do?

If you know that you have a new account and that you have been sent the welcome email, here are some things to do:

1. Check your Junk, Spam and Clutter folders in your email program. (most common issue)
2. Then, navigate to the TAO landing page:
 - <https://ca.taoconnect.org/login>
 - Then reset your password.
 - If the password reset email does not come to your inbox immediately, contact your program administrator, or email: support@TAOconnect.org



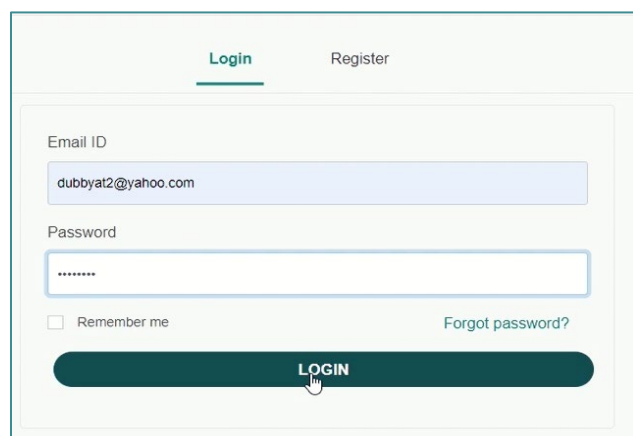
The screenshot shows the TAO login page with the 'Login' tab selected. The 'Email ID' field contains 'papa.smurf@edu.edu'. Below the field is a 'NEXT' button. A purple box labeled 'Click here' has an arrow pointing to the 'Forgot password?' link, which is circled in purple.



The screenshot shows the TAO password reset page with the 'Reset Password' tab selected. The 'Email ID' field is empty. Below the field is a 'SEND PASSWORD RESET LINK' button. A 'Back to login?' link is also visible.

Once you have verified your email, you can log in.

Log in URL: <https://ca.taoconnect.org/login>



The screenshot shows the TAO login page with the 'Login' tab selected. The 'Email ID' field contains 'dubbyat2@yahoo.com' and the 'Password' field contains '*****'. Below the fields are 'Remember me' and 'Forgot password?' options. A hand cursor is pointing to the 'LOGIN' button.

A consent form will display once you are logged in.

Consent Form

Therapist Assisted Online Informed Consent

A. TAO Self-Help Consent

TAO additionally includes a customizable self-help program, which is a self-guided program. In TAO Self-Help you will be provided with an opportunity to learn stress management, mindfulness skills, problem-solving, and strategies to avoid rumination and to develop more helpful thinking patterns. TAO Self-Help can provide a platform to assist you to bounce back from life's disappointments and frustrations. TAO Self-Help includes interactive educational modules and practice tools. TAO Self-Help is completely self-directed with no contact with a mental health professional. The TAO Self-Help is intended as a prevention program and is not a treatment for mental health disorders. If you require treatment for an emotional or mental health condition, you should seek counseling service.

By consenting to participate in TAO Self-Help, you acknowledge the potential benefits and possible limitations of the program. Your electronic signature or "check box" acceptance indicates that you understand and voluntarily agree to participate in the program. You further agree and acknowledge that if you consent to participate in TAO Self-Help, you will be granted to TAO Self-Help, you agree to fully and completely waive any and all rights to any and all data generated by your participation in the program.

I understand and accept the participation terms (optional) I agree to allow my anonymous data to be included in the research study

I understand and accept the participation terms (optional) I agree to allow my anonymous data to be included in the research study

SUBMIT

Please read and acknowledge the informed consent. Choose whether you would like your anonymous data to be used for research.

You will then be presented with your TAO Dashboard.

The screenshot shows the TAO Dashboard interface with several callouts:

- Search Courses:** A callout points to the search bar at the top, stating "Search for and add content either by keywords or by clicking on the magnifier".
- Filter by the group you want to work on:** A callout points to a filter icon in the "My To Do List" section.
- Launch chosen content:** A callout points to a play button icon on a course card in the "My To Do List".
- View mindfulness exercises and logs:** A callout points to a "Browse All Mindfulness Exercises" card in the "Tools" section.
- View and share earned badges:** A callout points to a "Relaxation" badge card in the "My Badges" section.
- Launch the chatbot:** A callout points to a "Tao Assistant" chatbot icon in the top right corner, stating "Launch the chatbot by clicking on this button when it is collapsed. You can take progress measures here, get suggested content, and launch previously started activities".

You can find assigned content by entering the session or module name in the search courses field at the top. The content you have been assigned can be found in our To Do list.

Already in TAO?

Here is how to add yourself to your class:

Please access TAO through your browser version at <https://ca.taconnect.org/login> and log yourself into your account.

The screenshot shows the TAO Dashboard with a profile menu open. Callouts indicate:

- By clicking this profile icon, the below menu will display:** A callout points to the profile icon in the top right corner.
- Next, click on "my profile":** A callout points to the "MY PROFILE" button in the profile menu.

The screenshot shows the 'Edit Profile' page for TAO (Therapy Assistance Online). At the top left is the TAO logo. A search bar labeled 'Search Courses' is at the top center. A callout box above the form says 'You can edit your profile settings here.' The form contains fields for 'First Name' (Papa), 'Last Name' (Smurf), 'Email Address' (papa.smurf@edu.edu), and 'Password'. To the right are options for 'Status' (Active/Inactive) and 'Language' (English/French). Below the form is an 'Unsubscribe from TAO' checkbox and a 'RESET' button. At the bottom, a 'Join a Group using an Enrollment Key' section has an 'Enrollment Key' input field and a 'SUBMIT' button. A callout box with an arrow points to the 'Enrollment Key' field, containing the text: 'Here is where you can add an enrollment key for a group of content you would like access to. Simply enter the enrollment key and click submit. The content will automatically be made available to you when you return to your dashboard.'