Say hello to Sanvello
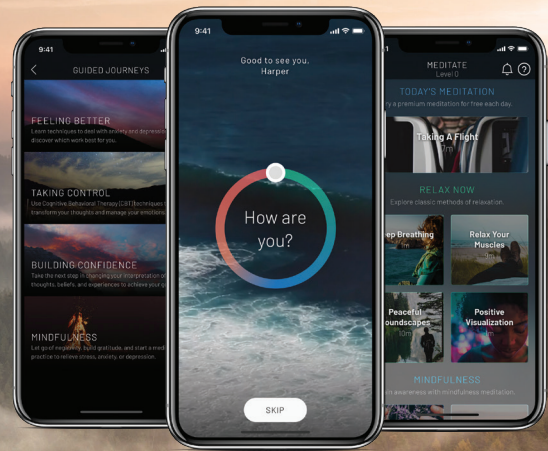
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SANVELLO™

On-demand help with stress, anxiety and depression.

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime. Connect with powerful tools that are there for you right as symptoms come up. Stay engaged each day for benefits you can feel. Escape to Sanvello whenever you need to, track your progress and stay until you feel better.

The Sanvello app is available to you at no extra cost as part of your Employee Assistance Program benefits.

Daily mood tracking
Answer simple questions each day to capture your current mood, identify patterns and self-assess your progress.

Coping tools
Reach for just the right tool to relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.

Guided journeys
Designed by experts for a range of needs, journeys use clinical techniques to help you feel more in control and build long-term life skills.

Personalized progress
Through weekly check-ins, Sanvello creates a roadmap for improvement. Track where you are, set goals and make strides week by week.

Community support
Connect with one of the largest peer communities in the field and share advice, stories and insights — anonymously, anytime.

Visit **LiveandWorkWell.com** to download the Sanvello app. Enter with your company access code:claremontcolleges and select the Sanvello tile under Popular tools.

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