



E—MANAGE

JOIN A STUDY TO LEARN 3 COPING SKILLS TO EFFECTIVELY MANAGE EMOTIONS, THOUGHTS, AND BEHAVIORS AND PRACTICE SKILLS LIVE ON A MOBILE APP.

Your participation includes:

- Completing a 30 minute survey
- Learning 3 coping skills
- Completing up to 4 surveys a day and 1 weekly survey on your phone either within 4 or 8 weeks

To complete a brief eligibility screener visit: <https://kleimanlab.org/emanage>
For more information contact: kleiman-lab@psych.rutgers.edu

Joint study by Rutgers Psychology Department and Counseling ADAP & Psychiatric Services (CAPS)

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Student Affairs

  
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health.rutgers.edu
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**COUNSELING, ALCOHOL & OTHER
DRUG ASSISTANCE PROGRAM AND
PSYCHIATRIC SERVICES (CAPS)**

*Persons with disabilities who anticipate needing accommodations or who have questions about physical access for this event may contact (848) 932-7884 in advance of the program.