The Utah State University ACT Research Group has launched ACT Guide for Adolescents, an online mental health program centered on Acceptance and Commitment Therapy (ACT) that is designed specifically for teenage users. ACT is an evidence-based psychological treatment used to improve mental health. ACT Guide for Adolescents provides support for issues like depression, anxiety, and stress.

ACT Guide helps users build skills for coping with stressors, such as discovering their values, accepting difficult thoughts and feelings, and being more present in their lives. ACT Guide for Adolescents teaches these skills through self-paced lessons that are completed entirely online. The digital interface allows users to access their materials any time or place they feel comfortable.

Dr. Michael Levin, the primary developer of ACT Guide, is a leading ACT researcher, professor in the Department of Psychology, and a co-director of the USU ACT Research Group. His research primarily focuses on increasing access to mental health resources through technology.

“ACT Guide is based on over a decade of research showing people can learn ACT on their own through self-