

Seeking Help with Anxiety and the Feelings Surrounding the COVID-19 Virus?

In our work, we see the unease and challenges many are experiencing in these uncertain times. Because of that we decided to make our anxietyreducing Comfort Talk® Pro App available for FREE for Veterans and staff so you can feel a peace and calm while navigating through this crisis.









Download the Comfort Talk® App on your iPhone through The Apple Store and the normal \$9.99 fee is waived so you can download for FREE!

Download on your Android device through the Google Play Store and the normal \$9.99 fee is waived so you can download for FREE!





The Comfort Talk® Pro App is a quick and easy method to relax, re-center and recharge you. You can listen for as few as 3 minutes or up to 15 or more, depending on whether you wish to relax, reduce anxiety, overcome discomfort, develop more confidence, and address other needs.

In this unprecedented challenge, there is no better time than now to use Comfort Talk®. It was made for times of stress to bring calm at a moment's notice. This has been our core mission since we founded the company. We want you to have this invaluable tool at no cost so you can enjoy moments of pause, peace, calm, and connection.

And if going to the dentist or the doctor's office gives you jitters, don't forget Comfort Talk® can reduce your anxiety.

Clinical Trial at the Tufts University School of Dental Medicine

We are proud that we have completed an NIH-funded clinical trial with the Comfort Talk® Pro App at the Craniofacial Pain Center at the Tufts University School of Dental Medicine and, per FDA, can market the app for anxiety reduction. The results showed for patients using Comfort Talk® Pro a significant reduction of anxiety and pain in the dental waiting room, a place where most individuals experience at least some apprehension. The work was recognized with acceptance as a Featured Presentation (quite an honor!!) for the 2020 Annual Meeting of the Society of Interventional Radiology, and its abstract has been published.

"App-mediated management of pain and anxiety in the waiting room: a randomized trial." Lang, EV, Jackson W, Senn P, Donovan-Khosrow A, Finkelman M, Corino T, Conway G,

Kulich R. JVIR 2020; 31:3S149

Who Uses Comfort Talk.?

Imaging Centers Dental Practitioners Surgical Centers Health Care Professionals Catherization Laboratories **Endoscopy Suites** Anesthesia Departments Pediatric Care Providers



Comfort Talk® Online Training is a Level 1 program and is approved for continuing education credits. Psychologists, Nurses and Social Workers may earn 12 hours of continuing education credits through Commonwealth Educational Seminars, Radiologic Technologists may earn 6A+ credits through ASRT. All credits require passing a post-test exam.

Learn more about earning CE credits