ACT Guide is an online self-help program designed by psychologists at Utah State University to foster emotional wellbeing and help individuals cope with mental health issues including depression, anxiety, and stress using Acceptance and Commitment Therapy (ACT).

- Accessible through a desktop and mobile-friendly web interface
- Created by the Utah State University ACT Research Group, which is led by Drs. Michael Levin and Michael Twohig, who have published over 200 articles, chapters, and books on ACT and related topics.
- Dr. Levin is one of the leading researchers of ACT self-help interventions, and has conducted over 20 clinical trials supporting the effectiveness of similar online ACT programs.
- There have been two randomized controlled trials conducted on a prototype version of ACT Guide:

  Levin, M.E., Krafft, J., Hicks, E. & Twohig, M.P. (Under review). A dismantling trial of the open and active components of acceptance and commitment therapy in an online self-help program for distressed college students.


- ACT Guide is recommended as a tool for improving mental health for adults 18 years and older, and can be used standalone or in conjunction with in-person therapy.
- A $10 fee provides access to the program for six months, and all funds support software licensing costs and graduate students who maintain and improve the program.
- However, internal funding allows us to offer ACT Guide for free to all USU students.