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Guided Self-Help Pilot Program

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Overview

Pivot Behavioral Health (PBH) is piloting their guided self-help programs that are designed to target either depression, anxiety, insomnia, or binge eating. Each program follows a curated self-help workbook and comes with ongoing support from Dr. Emerson Epstein, who is a Licensed Clinical Psychologist in the state of Illinois. Participants are expected to purchase the self-help workbook, but they will have access to **six free 25-minute sessions** that can be completed in-person or through telehealth.

Criteria

1. **Are you experiencing depression, anxiety, insomnia, and/or binge eating?**
This includes experiences such as:
 - having little interest or pleasure in doing things,
 - feeling down, depressed, or hopeless,
 - feeling nervous, anxious, or on edge,
 - not being able to stop or control worrying,
 - having trouble falling or staying asleep and/or waking up too early,
 - being worried about your sleep or trying hard to sleep,
 - eating significantly more than most people would eat in a similar time, and
 - feeling you couldn't stop eating or control what/how much you ate.
2. **Are you ready for change?** Guided self-help can be quite effective. However, it's not for everyone. Although having support from a trained therapist is better than not having it, guided self-help does require a fair amount of self-directed work.

Next Steps

For questions, email PBH at info@pivotbehavioral.com or call (773) 234-1721. To see if you are eligible, visit <https://pivotbehavioral.com> or use the following QR code.

