With you every step of the way

Emotional Well-being Resources offer help when you need it

Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you and your household live your happiest, healthiest lives.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You’ll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

A wealth of resources at your fingertips

Personalized, one-on-one coaching
Team up with an experienced coach who can provide support and encouragement by email, text, or phone.

Build a support team
Add friends or family members as “Teammates.” They can help you stay motivated and accountable while you work through programs.

Practice mindfulness on the go
Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.

Live and on-demand webinars
Learn how to improve mental well-being with useful tips and advice from experts.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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