

Meet **learntolive**

Learn to Live provides online programs for employees and family members struggling with stress, depression, social anxiety, insomnia, substance use, or panic, and helps build resilience.

Why Learn to Live?

- Immediate, 24/7 access
- No cost to you or your family (age 13+)
- Coaching available (phone, text, email)
- As effective as in-person therapy¹
- Available in English and Spanish
- Compatible across devices - mobile app and web-based versions



1. Hedman, Erik, et al. "Cognitive behavior therapy via the Internet: a systematic review of applications, clinical efficacy and cost-effectiveness." Expert Review of Pharmacoeconomics & Outcomes Research 12.6 (2012)

Start Your Journey Soon!

Look for information on how to access Learn to Live coming soon



Learn to Live's Online Programs

RESILIENCE | STRESS, ANXIETY AND WORRY | SOCIAL ANXIETY | DEPRESSION | INSOMNIA | SUBSTANCE USE | PANIC

© 2023 Learn to Live, Inc. is an independent company offering online cognitive behavioral therapy programs and services. Learn to Live, Inc. programs and resources are provided in English and Spanish.