

Invest in your mental fitness using proven tools at no cost

MMHG is committed to removing the barriers that prevent people from accessing quality resources for mental health and wellbeing. Learn to Live's 24/7 online programs and coaching are available at no cost for everyone in your organization, including all employees and family members. Visit the website or download the mobile app below to get started now.



Why Learn to Live?

Learn to Live is like an online gym for your mental fitness where you can unlock the proven benefits of Cognitive Behavioral Therapy (CBT) to increase your resilience or deal with common concerns. Use the confidential, self-guided programs to pursue your goals from any device, whenever and wherever you want. Make progress on your own or with the guidance of an expert coach.

- ✓ Immediate, 24/7 access
- ✓ No cost to you or your family members (age 13+)
- ✓ Coaching available via phone, text, or email
- ✓ Available to ALL employees with no exceptions
- ✓ Disponible en español

 Use of Learn to Live is strictly confidential and member information will not be shared with anyone at your organization or MMHG.

Start your journey today!

Visit learntolive.com/partners

and enter code: MMHG

or
Download
our mobile
app



Proven Digital Mental Health Programs for:

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