



See Brighter Days!

Don't miss your chance to join the **Brighter Days Challenge!** From **July 20–31**, choose a self-guided program designed to help you manage stress, beat depression, improve sleep, and more — and earn a chance for an Amazon e-gift card just for taking that first step toward feeling better.



- Enroll in a Learn to Live program
- or
- Complete a lesson in your program

Get started by scanning or visiting:
learntolive.com/partners
enter code **MMHG**

Learn to Live offers free online mental health programs for employees and their families (ages 13 and up).



Learn to Live's Online Programs

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