Access anytime, anywhere.
Whenever you need help, resources are available to make it easy for you to get the care you need.

No additional cost.
As an AcademicBlue member, the resources available through Learn to Live are included with your coverage.

Comprehensive mental health assessment.
Unsure what issues are affecting you? A confidential online assessment can help you take the first step toward improving your well-being.

Visit learntolive.com/welcome/academicblue and enter access code UT.
What’s available?

As an AcademicBlue member, you have access to the mental health resources offered by Learn to Live. These digital tools are accessible anytime, anywhere to help you tackle life’s challenges.

Digital Programs
Online mental health programs based on the proven principles of Cognitive Behavioral Therapy (CBT). Programs offered are Stress, Anxiety & Worry, Social Anxiety, Depression, Insomnia, and Substance Use.

Unlimited Coaching
Experienced live coaches to provide support, encouragement and answers to your questions via weekly email, text or scheduled phone calls.

Program Lessons
Programs include eight lessons to provide you with the tools you need. Each completed lesson unlocks the next one. Exit your lesson at any time — your progress saves as you go!

On-Demand Webinars
Thirty-minute webinars to provide you with useful tips and guidelines to improve your mental well-being.

Comprehensive Mental Health Assessments
Take the first step toward improved mental health by determining what issues might be affecting you. It takes only about five minutes to finish, and results are provided immediately!

Mindfulness Moments Text Messaging
Short weekly texts with positive resources, quick tips, and research-driven exercises.

Teammates
Choose someone and a preferred style of support to help you on your journey, keeping you motivated and accountable.

Visit learntolive.com/welcome/academicblue and enter access code UT to learn about the resources available.