

Feeling stressed, sleepless, anxious or discouraged? *We're here to help.*



You're not alone

One in 2 people will experience a mental health issue during their lifetime—and we want to be a resource for you during those difficult times.

Southwestern College has invested in your mental and emotional well-being by offering online support from Learn to Live at no cost to you.

How we can help

Based on over 10 years of clinical studies, Learn to Live offers online programs and clinical assessments based on the proven principles of Cognitive Behavioral Therapy.

Our programs for **Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia, and Substance Use** offer effective tools to help you understand how your mind works and change your behavior patterns—to help you live your best life.

Learn to Live benefits:

- ☑ Immediate 24/7 access to self-paced programs
- ☑ Ability to start, stop and save your progress
- ☑ No cost to you
- ☑ As effective as in-person therapy¹
- ☑ Coaching available (phone, email, text)



Private & Confidential

Our member information is completely confidential, HIPAA compliant and will never be shared with **Southwestern College**.

Available at no cost for all Southwestern College students.

Get started by taking your assessment at
learntolive.com/partners and enter the code **SWC**

¹Hedman, 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)