

Clinically Proven Programs to Improve Mental Health Outcomes

Learn to Live offers customized online programs based on the proven principles of Cognitive Behavioral Therapy (CBT). The programs are confidential, accessible anywhere, and based on years of research showing online CBT programs to be as effective as face-to-face therapy.

Programs include:

- Depression
- Stress, Anxiety & Worry
- Social Anxiety
- Panic
- Insomnia
- Substance Use
- Resilience

Learn to Live's Proven Results

Learn to Live's 24/7 access to online mental health programs and services help people who suffer silently without help due to barriers like cost, access, and stigma.

Learn to Live brings together the clinically proven strategies of CBT with an easily accessible technology platform and live clinician coaching to improve outcomes, productivity, and morale.

- Serving 32+ million members across 180+ organizations and growing
- 6x higher engagement in Learn to Live programs than traditional options
- 50% improvement in depression and anxiety measures
- 46% of members move from clinical levels to subclinical levels of suffering



Learn to Live Programs

Depression

Depression affects almost 10% of people each year. Because the root causes of depression are different than those for anxiety, Learn to Live has developed a program specifically for depression. It applies proven CBT principles to help people change unhelpful thought and behavior patterns.

Social Anxiety

The Social Anxiety program helps people who are feeling isolated and have a difficult or awkward time expressing themselves. Social anxiety has a history of creating barriers that keep people from living the lives they want to live. Using the highly effective tools of CBT, this program helps participants learn to live.

Insomnia

Between 33% to 50% of adults report regular difficulty falling asleep or staying asleep. The Insomnia program provides participants with tools to improve the quality and quantity of sleep. They learn how to harness their fatigue, sleep better, and let go of the stress and worry that so often contribute to insomnia.

Resilience

The Resilience program provides users with important tools and strategies to bounce back from life's challenges. It helps people train their minds to think optimistically, build healthy relationships, to communicate better, and adopt helpful daily habits. The Resilience program provides strategies to live a more meaningful life.

Stress, Anxiety & Worry

Painful stress, anxiety and worry affect up to 30% of the population each year. Stopping the worry cycle can sometimes seem impossible. Learn to Live has developed a program to help individuals overcome their anxiety struggles and refresh their lives.

Panic

The Panic program helps people who suffer from repeated episodes of intense fear, accompanied by physical sensations like rapid heartbeat, chest pains, or difficulty breathing. Every year, up to 11% of Americans experience a panic attack. Learn to Live's Panic program offers proven CBT tools that helps sufferers reclaim their lives.

Substance Use

Sometimes concerns about alcohol or drug use can sneak up on people. Problems with substance use impacts 1 in 10 people every year and it can turn the lives, jobs, and relationships of sufferers upside down. The Substance Use program offers proven CBT tools that have helped many out of this trap.

