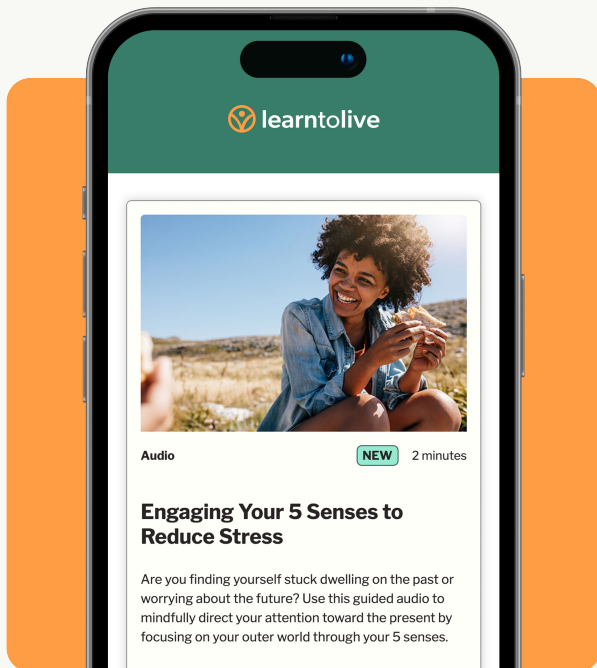




Take a Quick Break to Improve Your Mental Health.



We know you're busy. Learn to Live's **NEW** Quick Breaks make it easy to get mental health tools instantly.

If you have a Learn to Live account, find Quick Breaks in the **Resources Tab** or go to learntolive.com/quickbreaks.

If you don't have a Learn to Live account, start at learntolive.com/partners and enter access code **MMHG**.

Learn to Live's Online Programs

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