



Something Holding You Back?



This September, join our **Take Action Challenge**.

Choose from one of our self-guided programs, specifically designed to help you manage stress, overcome depression, improve sleep and more.



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

Scan or Visit:
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