Feeling stressed, anxious or discouraged? We’re here to help.

You’re not alone

Most people who have mental health problems will never seek face-to-face therapy due to social stigma, access issues and cost. We’re here to change that. St. Olaf will offer a no cost program through Learn to Live, a customized online therapy program based on Cognitive Behavioral Therapy (CBT).

Problems like social anxiety, depression, stress, anxiety & worry, and insomnia require understanding, practice and helpful tools. Learn to Live offers the most effective tools for dealing with your problems. If you ignore these kinds of struggles, they can become much harder to deal with.

Immediate, 24/7 access

Learn to Live provides online programs and clinical assessments for you and your family members (age 13 or older) struggling with stress, anxiety & worry, depression, social anxiety and insomnia. Their programs are based on the proven principles of Cognitive Behavioral Therapy.

• No cost to you or your family
• Based on clinical studies over 10+ years
• No waiting lists
• Live coaching available if you need it

100% private and confidential – This program is completely confidential and your information will never be shared with St. Olaf or the health plan.

To learn more about Learn to Live, visit www.learntolive.com.

Look for more information on how to access this program closer to September 1, 2019.