



**Student Health Benefits**

UNIVERSITY OF MINNESOTA

### **New substance use program from Learn to Live**

Did you know that substance use problems impact 1 in 7 people in their lifetime—but only 1 in 10 will ask for help? It can be difficult to take the first step, and that's where [Learn to Live](#) can help with their new Substance Use program.

Learn more or get started at [learntolive.com/partners](http://learntolive.com/partners) and enter code UMN. Learn to Live also provides programs to help with social anxiety, depression, anxiety and worry, and insomnia.

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