Learn to Live is here for you, anytime.

Learn to Live is an online mental health resource that offers personalized online programs designed to help with social anxiety, depression, stress and insomnia. The programs are self-paced, confidential and based on Cognitive Behavioral Therapy (CBT) principles. The first step is to take a short assessment which will give you personalized results and program recommendations. To start or continue in a Learn to Live program, find the orange “Enter your code” box, enter the code “UMN” and click “Submit”.

Want extra support?

Learn to Live provides optional Member Coaches who offer practical and personal support as you work through their programs. Connecting with a coach helps increase your success of behavioral change. Just like the Learn to Live programs, receiving support from coaches is confidential and available at no cost to you.

Stress management webinar

Learn how to identify and cope with stress through a Stress Management 101 webinar led by Learn to Live’s Chief Psychology Officer, Dr. Russ Morfitt. Click below to register at no cost, use code “UMN” when registering.

Wednesday, March 13th
11-11:30am
12-12:30pm
5-5:30pm