You may already know your physical health numbers like cholesterol, blood pressure or BMI—but, what about your mental health? We encourage you to take Learn to Live’s no cost, confidential mental health assessment. The assessment can be accessed on Learn to Live (code: UMN).

In just a few minutes the assessment will tell you about your levels of stress, anxiety, depression and insomnia. How do your numbers rate? Could you benefit from self-directed online programs – or in-person counseling?

Also, don’t worry - the information you enter on Learn to Live is completely confidential. Information about your Learn to Live utilization will not be shared with anyone at the University of Minnesota.

Visit Learn to Live.

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