Learn to Live provides online cognitive behavioral therapy to University of Minnesota Student Services Fee-paying students. Students are able to access this online mental health resource throughout the summer. Visit learntolive.com/partners and enter code "UMN" for access. See the message below from Learn to Live.

Learn to Live offers no cost, confidential online programs for:
Stress, Anxiety & Worry
Depression
Social Anxiety
Insomnia

Available to all Student Services fee-paying students at the University of Minnesota

To enroll visit learntolive.com/partners and enter the code UMN

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