

With you every step of the way

Learn to Live offers help when you need it.

Your emotional health is an important part of your overall health. With Learn to Live, you can receive support to help you and your household members live your happiest, healthiest lives. Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them.

You'll learn resilience and effective ways to manage:

- Stress, anxiety, and worry
- Social anxiety
- Substance use
- Depression
- Insomnia
- Panic

A wealth of resources at your fingertips



Personalized, one-on-one coaching

Once you've enrolled in a program, you can team up with an experienced coach who can provide support and encouragement by email, text, or phone.



Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access Learn to Live:

carelonwellbeing.com/gannett

855-442-4236



Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.