



# Not feeling like yourself?

Learn to Live can help

You have access to Cognitive Behavioral Therapy (CBT) programs through Learn to Live. The Roman Catholic Archdiocese of Boston Health Benefit Trust has partnered with Learn to Live to help you learn more about what issues might be affecting you, recognize your fears and stressors, and understand how to deal with the thoughts and behavior patterns that may be keeping you from living your best life.



## Benefits of Learn to Live:

- ✓ No additional cost to you
- ✓ Private and Confidential
- ✓ Accessible anytime, anywhere
- ✓ Available via mobile app or online
- ✓ Optional personal coach
- ✓ Available in Spanish
- ✓ Employees enrolled in the RCAB Health Plans (and their spouses and dependents age 13 and older) are eligible to participate

Start your journey today!

Visit [learntolive.com/partners](https://learntolive.com/partners) or download the Learn to Live app, access code: RCAB

Scan the QR code



Proven Digital Mental Health Programs for:

**RESILIENCE | STRESS, ANXIETY & WORRY | SOCIAL ANXIETY | DEPRESSION | INSOMNIA | SUBSTANCE USE | PANIC**