



On-Demand Mental Wellness From the Comfort of Your Home

24/7 access to our library
of self-paced mental
wellness courses

Drawing on evidence-based models like Cognitive and Dialectical Behavioral Therapy, Mindfulness-Based Stress Reduction, as well as the cutting-edge discoveries of mind/body medicine, our courses deliver powerful results in an easy-to-use format.

Course Topics Include:

- Stress Reduction
- Parenting
- Relationship
- Grief and Loss
- Caregiver Burnout
- Gratitude
- Neuroscience of Change
- Happiness
- Intimacy
- Anxiety
- Mindfulness Meditations
- Advanced Meditations
- Diet for Moods
- Psychology of Weight Loss



Subject Experts

Our courses are taught by subject matter experts in their respective fields, so you know that you can trust that what you are learning is tried and true.



Self-Paced

Binge them all at once or take your time, you can even re-watch especially helpful courses as many times as you need!



Accessible

Our video library of mental health courses are accessible by smart phone, computer or tablet.

50

Americans report that they are the unhappiest they have been **in over 50 years!**

8x

US adults are now **8 times more likely** to meet the criteria for serious mental distress than in 2018.

80%

More than 80% of U.S. adults report the nation's future is a significant source of stress.
