Does your well-being need a boost?



Online programs for:

- Depression
- Stress, Anxiety and Worry
- Social Anxiety
- Panic
- Insomnia
- Substance Use
- Resilience



Scan or visit learntolive.com/welcome/IAWELLPOINT and enter code: IAWELLPOINT



- ✓ No cost
- Coaching available via text, email or phone
- Access anytime, anywhere
- ✓ Mobile app available
- ✓ Disponible en Español

Start Your Journey Today!