



# On-Demand Mental Wellness

## 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 is 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.

