

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.



SECUTIVE