



Life can be hard. Finding support shouldn't be.

Digital resources are available anytime, anywhere to help with:

- Stress, anxiety and worry
- Depression
- Social anxiety
- Insomnia
- Substance use

LEARN TO LIVE

Take a confidential assessment today.

Visit learntolive.com/welcome/academicblue
and enter access code: MUSSIP

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Montana University System 0621
9100676.0621

