



MASSACHUSETTS

KEEPING MENTAL HEALTH TOP OF MIND

Your no-cost, online mental health tool is here

It's confidential, self-guided, and available 24/7.



Welcome to a personalized online experience to assess and explore your feelings, thoughts, emotions, and mind.

Our tool is confidential, self-guided, and easy to use, and comes at no cost. It's designed by the behavioral health specialists at Learn to Live, an independent partner company, so it's a resource you can trust.

USE THE TOOL AS OFTEN AS YOU LIKE, 24/7, WITH PROGRAMS TO SUPPORT:



Stress, anxiety, and worry



Depression



Insomnia



Substance use



Social anxiety



Panic Attacks



Resilience

TAKE THE 7-MINUTE ASSESSMENT

Start putting your mental health top of mind.

Get started

Sign in to MyBlue, then click **Online Mental Health Tool** under **My Plan and Claims**.