



73% of Today's Workforce Experiences Stress that Affects Their Mental Health

Trust Youturn Health to understand your unique challenges.

Youturn Health is a confidential, virtual program that can help you identify — and support you through — challenges associated with behavioral health (stress, anxiety, grief).

We provide accessible, end-to-end support for you and your family, with tools including peer coaching, resources, and an online learning library.

FAMILY SUPPORT

Studies have shown individuals are more likely to succeed in support programs when their family is involved in the journey. We provide your family members a baseline education on stress management and substance misuse, including recovery options.

ONLINE LEARNING & ASSESSMENT PLATFORM

We provide access to an extensive virtual library of educational, inspirational, and insightful videos that help you understand the nature of addressing behavioral health challenges, substance misuse, and suicidal ideation.

Our evidence-based program will help you better understand:

- Stress Management
- Self-Care & Coping Strategies
- Addictive Habits
- Intervention & Coping Strategies
- Boundary Setting
- Mindfulness

IS YOUTURN HEALTH RIGHT FOR YOU AND YOUR FAMILY? REACH OUT TO LEARN MORE:

Youturn
HEALTH

US
DIGITAL
MOTION CONTROL PRODUCTS

CALL: 888-520-1868

EMAIL: Admissions@YouturnHealth.com

ENROLL: YouturnHealth.com

REGISTRATION CODE: **USDigital**

YouturnHealth.com

We focus on helping you maintain long-term success.