

## **Learn to Live Extends Partnership with Global Technology Company TURCK Inc. for Second Year**

*Learn to Live's online mental health programs are a natural fit for TURCK's commitment to employee health and wellness.*

Minneapolis, MN ([PRWEB](#)) December 10, 2015 -- [Learn to Live](#) announced that a partnership with TURCK Inc. has been extended to a second year based on a highly successful first year. The partnership provides [online mental health programs](#) for employees and their families as part of TURCK's pioneering LifeWorks@TURCK well-being initiative. Learn to Live's comprehensive mental health assessment guides individual members to one of three programs that address, respectively, social anxiety, depression, stress, anxiety and worry.

The interactive, multimedia programs are confidential, accessible anywhere and anytime, and based on [years of research](#) showing internet-delivered Cognitive Behavioral Therapy ("iCBT") programs to be as effective as face-to-face therapy. Learn to Live aims to help TURCK decrease mental health costs, increase access to care, and decrease the stigma surrounding mental health problems.

Among its employees, TURCK has already seen engagement with Learn to Live resources more than six times the industry average – and a significant increase compared to previous mental health well-being initiatives. Learn to Live is able to achieve this high engagement through its unique online offering and the innovative delivery of their programs and tools.

Bob Diem, TURCK CFO, states, "Our employees have embraced Learn to Live's programs and services, and have reported positive changes in their quality of life. We've also noticed a shift in the workforce towards more openness about mental health topics. The Learn to Live team brings a wealth of experience, creativity, and energy to their work, and they've gone the extra mile to determine the most effective methods of engaging our unique community. We look forward to the continued benefits our employees and their families will experience as this partnership progresses."

TURCK has a history of pioneering employee health initiatives, embracing innovations like on-site health clinics and well-being coaches early on. Company administrators understand the benefits of a happy and healthy work force, and see the partnership as a natural fit for their philosophy and commitment to their employees.

"TURCK's leadership team is incredibly committed to finding innovative and effective ways to make the lives of their colleagues and families better. We're proud to be partnering with them for another year," says Learn to Live CEO [Dale Cook](#).

About Learn to Live:

Learn to Live provides online self-help programs to address psychological problems such as depression, social anxiety, stress, anxiety and worry. Learn to Live is part of an exciting movement within behavioral health toward lower cost but highly effective methods of web-based healthcare treatment. The programs are modeled on over a decade of clinical research that demonstrates that internet-delivered Cognitive Behavioral Therapy ("iCBT") is as effective as face-to-face therapy. In addition to providing programs directly to consumers, Learn to Live partners with large self-insured employers and health care providers who can benefit from the low-cost



delivery model, their behavior tracking capabilities, data analytics, and powerful program outcomes. Find out more online at <https://www.learntolive.com> or follow Learn to Live on Twitter (@LearntoLiveCBT) and [Facebook](#).

About TURCK Inc.:

TURCK Inc. is a pioneer in industrial automation technology, providing customers with a comprehensive line of quality and advanced technology products in a fast, flexible and accurate manner. With more than 3,200 people working in 27 countries, TURCK Inc. has built global partnerships with customers based on engineering expertise, flexibility and our willingness to take on engineering challenges that others won't. 1-800-544-7769 • [www.TURCK.us](http://www.TURCK.us) • info(at)turck(dot)com



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