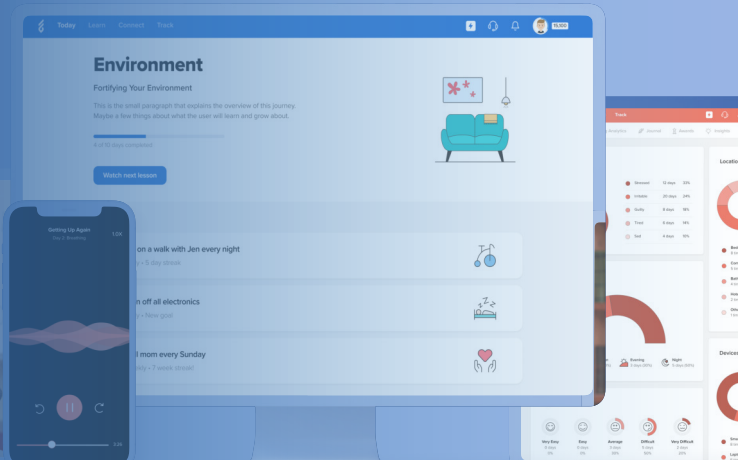




Free Mental Health Tools

by Impact Suite



Free Support for Your Entire Family

Cache County School District has partnered with Impact Suite to offer FREE access to teletherapy, lifestyle coaching, and award-winning tools for personal growth, parenting, depression, anxiety, and addiction for you and your entire family.

Scan the QR code below or visit:

get.impactsuite.com/cachecountyschooldistrict

Access Code: CCSDSTAFF



Download the Impact Suite app to get started

Access Code: CCSDSTAFF

Let's Get Started

Getting the tools and education you need to start improving your mental health has never been easier. Follow these simple steps to access free resources available to you and your family.

Download the Impact Suite App

The Impact Suite app is available on the App Store and Google Play Store. You'll use the app to meet with a therapist, message a lifestyle coach, access a full suite of on-demand wellness tools, and 24/7 crisis support.

TIP:

Download the app right now. It's the best way to have these resources immediately available to you.

Login with your Access Code

When you log in to the app for the first time, you'll enter your organizations code and mark yourself as an 'Employee'. When anyone from your household logs in, they will select 'Family Member'.

Enjoy Immediate Access

Congratulations! You now have access to professional teletherapy, 24/7 crisis support, coaching, guided meditations, goal tracking, mental health education, and our entire suite of apps.

 Accessible Mental Health Impact Suite	 Personal Growth Climb	 Depression & Anxiety Lift
 Substance Abuse Turn	 Sexual Compulsivity Fortify	 Digital Age Parenting Raise