

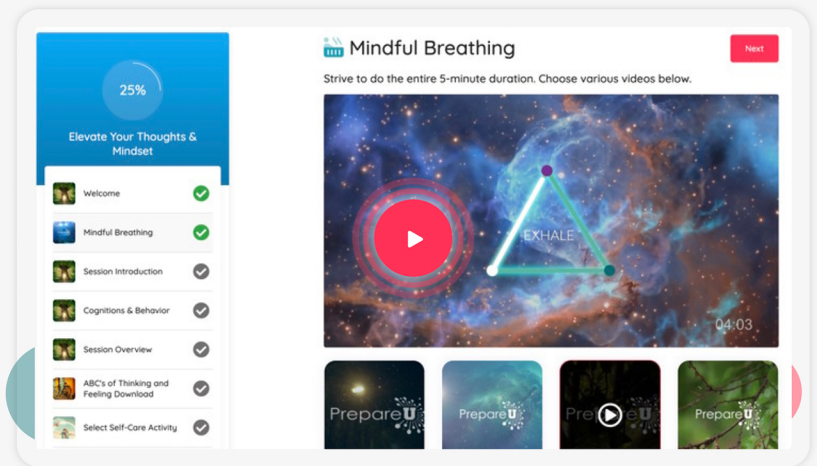


**Prepare U Pro** is designed to move the needle in mental health on a personal level and global scale. Utilizing an advanced self-guided evidence-based 11 course preventative mental health experience, participants learn and practice proven tools that will enhance key facets of their life.

## Discover a New Level of Personal Growth and Well-Being with Prepare U Pro

Are you ready to embark on a transformative journey to improve your mental wellbeing? Look no further than the Prepare U Pro course, a cutting-edge program that offers evidence-based tools and personalized guidance to support your growth and understanding.

Start your wellness journey today - enroll now! >



Prepare U's commitment to transforming the landscape of mental health education has earned the support of the world's foremost experts in the field. Hear what some of these prestigious global leaders have to say.

“ This curriculum is exactly what our students need...a balance between smart and informative, while interactive, funny, and engaging.

**Joanne Broder PH.D**



Past President Media & Psychology of the American Psychological Association

“ The Prepare U team continues to develop alliances with international leaders in mental health care and education to create a healthier world. The CPA is pleased to be among those international leaders.

**Karen Cohen, PH.D**



CEO, Canadian Psychological Association

“ Our school has benefited greatly from the opportunity to connect our students and families with the Prepare-U curriculum.

**Latrice Loche, PH.D**



Licensed Psychologist  
Dean of Emotional Health Services  
Cristo Rey Jesuit College Preparatory of Houston

Visit [www.PrepareU.Pro](http://www.PrepareU.Pro) or call 844-724-5483 to learn more  
Powered by The Live Network



**Prepare U Pro** provides over 15 hours of validated content and exercises that in various settings have shown to reduce anxiety, depression, trauma symptoms, and suicidal ideation, while improving participants meaning and purpose, emotional support, and over all sense of well-being.

Starting Self-Evaluation:



Meaning ⓘ



Relationships ⓘ



Anxiety ⓘ



Stress ⓘ



### Reduce Stress Tip of The Day:

End the day with a reflection on what you achieved.

**Participants will learn therapeutic techniques such as: CBT, REBT, DBT, Self-Care, Mindfulness, De-escalation Breathing Meditation.**

### Optimized Relationships:

You are maximizing the potential of your relationships. Reflect on this journey, celebrate the connections you've made, and think about how you can mentor or guide others in cultivating their own meaningful relationships.



### Lightly Anxious:

Mild anxiety is a common part of life's ebb and flow. Recognize these moments as signals to care for yourself. It's an opportunity to learn and strengthen coping strategies, like mindfulness or seeking support, to maintain your calm.



**Additional learning includes evidence-based tools to manage: anger, relationships and boundaries, personality patterns, anxiety and stress, intergenerational transmission of trauma, family systems, suicidal ideology, social media, grief and loss, while improving self-esteem.**

**Prepare U Pro** is an adaptable mental health resource, ideal for individuals and families awaiting therapy, those in therapy needing extra support, and people coping with loss and grief. It's an effective aid for transition-age youth, a crucial element in suicide and crisis prevention, and a supportive tool for both in-patient and outpatient care. Additionally, it's applicable in correctional diversion programs, parole and probation requirements, and offers comprehensive mental health education for a broader audience.