



Back to School with Calm!

Calm Premium Benefit

You have access to a free premium Calm membership through our organization! Whether you have 30 seconds or 30 minutes, this benefit can help support your mental well-being both on and off the clock.

When caring for our mental health and well-being, small changes can still have a big impact. Let's get started together. Scan the QR code to quickly sign up!



Once you land on the webpage:

- 1 Create an account or sign in to your existing Calm account
- 2 Enter your school email in the box provided to activate the subscription on your Calm account
- 3 Download the Calm app on your mobile device and log in to your account to access Calm's premium content

