



CABANA

**Making time for
mental health is hard.**

Cabana makes it easier.



**Start building your mental
health practice with free
stress relief resources**



Anonymous live group peer support
focused on building skills and support



Therapist-curated content to inform
and entertain on your schedule



Personalized practical solutions for busy
healthcare workers across the U.S.

Scan the QR code to learn more or visit us at **mycabana.health**