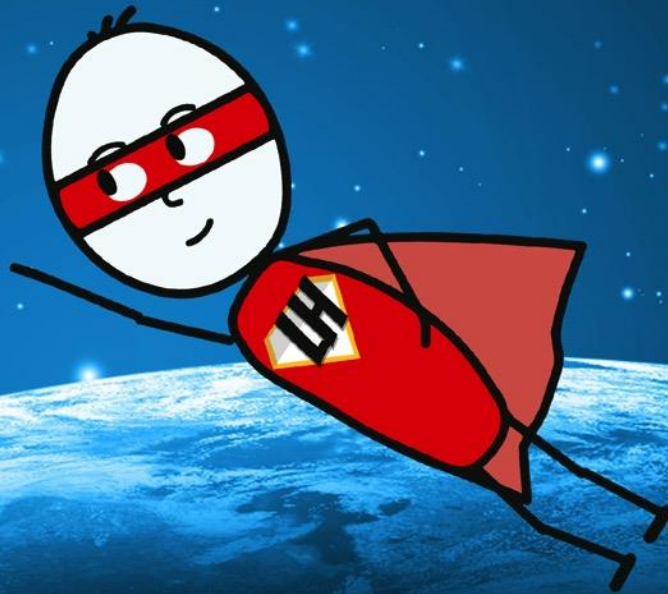


# LITMOS HEROES

Saving the world *from* boring learning



Release Notes  
2018-February-2

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# Health and Wellbeing

Code	Title	Duration	Region
LH14008	CBT and Mental Health - Bipolar Disorder	2 minutes	UK/EU
LH14009	CBT and Mental Health - Introduction to Cognitive Behavioral Therapy	2 minutes	UK/EU

**Description:**

The Cognitive Behaviourial Therapy (CBT) and Mental Health series provides you with key concepts relating to mental health conditions, through short, concise courses. You will learn about mental health and coping skills, which you can take away and apply in your daily life. In these courses you will receive an overview of CBT and bipolar disorder, one of the most common mental health conditions.

**About Litmos Heroes**

Backed by CallidusCloud (NASDAQ: CALD), Litmos is the world's fastest growing enterprise learning solution. It unifies learning management, the extended enterprise, and prepackaged content in an innovative platform to meet any organization's internal and external training needs. Built to help learning organizations achieve success, Litmos is highly secure, focuses on the end user, and provides time to value three times faster than traditional learning solutions. Over 4 million users in more than 130 countries and 22 languages use Litmos to optimize their learning and development, improve performance, and monetize training.

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