

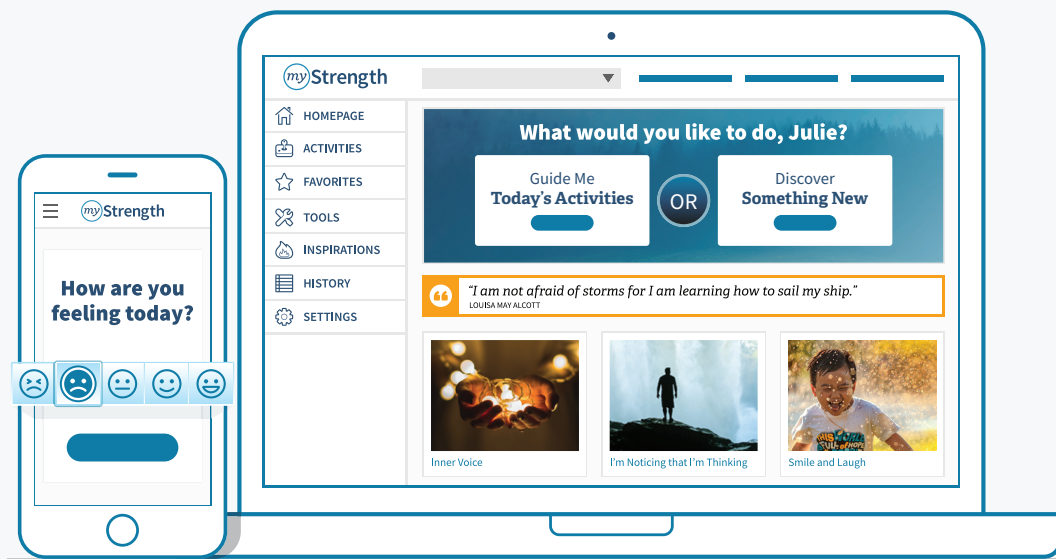
PERSONAL SUPPORT FOR YOU

We all have our struggles.

Finding support to focus on your emotional health is important.

Now you can use web and mobile tools to help you get better and stay mentally strong.

myStrength is safe and secure – just for you. It offers personalized resources to improve your mood. Learning to use myStrength’s tools can help you overcome the challenges you face.



What myStrength users are saying:

"It's nice to have self-guided help that is so accessible."

"myStrength gives me back some of the 'light' I had lost."

SIGN UP TODAY

1. Visit www.mystrength.com and click on "Sign Up."
2. Enter the **Access Code** marked below.
3. Complete the myStrength sign-up process and personal profile.

MCMHACommunity

myStrength

is presented by



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MENTAL
HEALTH
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