

Digital Behavioral Health Tools

Take charge of your mental health with myStrength

We all have our struggles

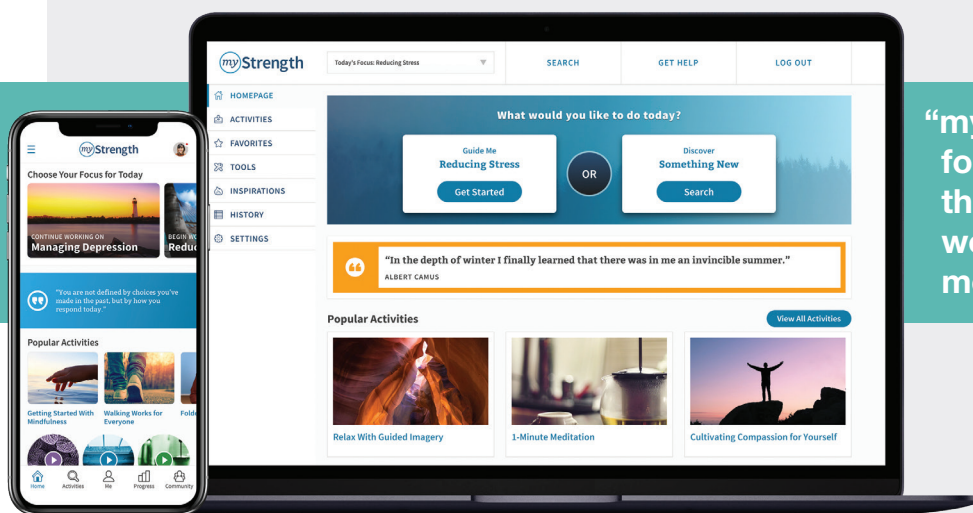
Everyone has times when depression, stress, pain, anxiety, sleep or even substance use can impact daily living. Finding support to improve these things and focus on your emotional health is important.

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

myStrength is safe, secure and customized for you. Through self-paced activities, health trackers, inspirations, and over 2,000 pieces of helpful content, the digital behavioral health platform can help you reach goals and maximize your overall wellbeing. Even better, it's available at no cost to you as part of your Employee Assistance Program (EAP) benefit with New Directions.

Modules to help you overcome and work through

Depression • Stress • Chronic pain • Anxiety • Substance use
Insomnia • Nicotine recovery • Pregnancy and early parenting



“myStrength is a great wellness tool for your mind, body and spirit! I love the daily inspirational quotes and wellness articles. It is a great way for me to proactively take care of myself.”

Go mobile! Take myStrength's new and improved mobile app with you wherever you go.



Start your journey to better health.

Questions?

For technical support, contact customerservice@mystrength.com.