

# MENTAL WELLNESS SUPPORT FOR COVID-19

## Empower yourself with resources to overcome the challenges you face

It's important to find support if you're feeling heightened stress and uncertainty brought on by the current coronavirus (COVID-19). myStrength's web and mobile tools are safe, secure and personalized – just for you.

Choose from over a dozen activities, including:



Strategies to manage  
heightened stress



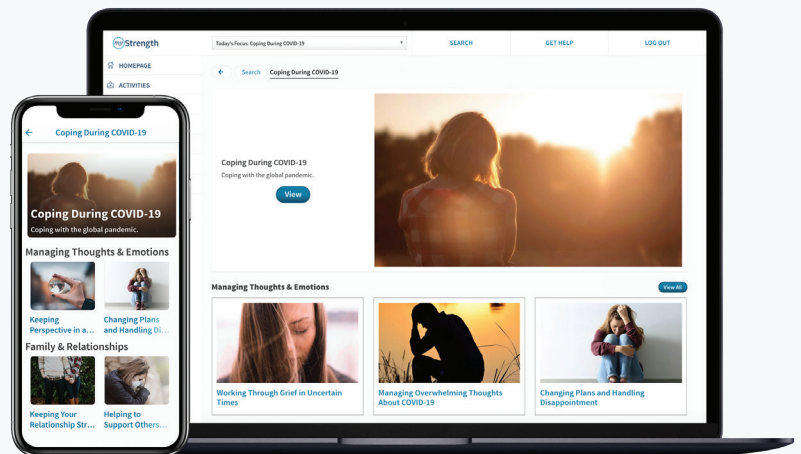
Tips for parenting during  
challenging times



Ideas to manage  
social isolation



Other tools and information  
for emotional support



### SIGN UP TODAY

1. Visit [www.mystrength.com](http://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.

**NeMCMHACommunity**

Go Mobile! Download the **myStrength** mobile app, log in,  
and get started today.

**myStrength**<sup>®</sup>

is presented by

**NORTHEAST  
MICHIGAN  
COMMUNITY  
MENTAL HEALTH  
AUTHORITY**

