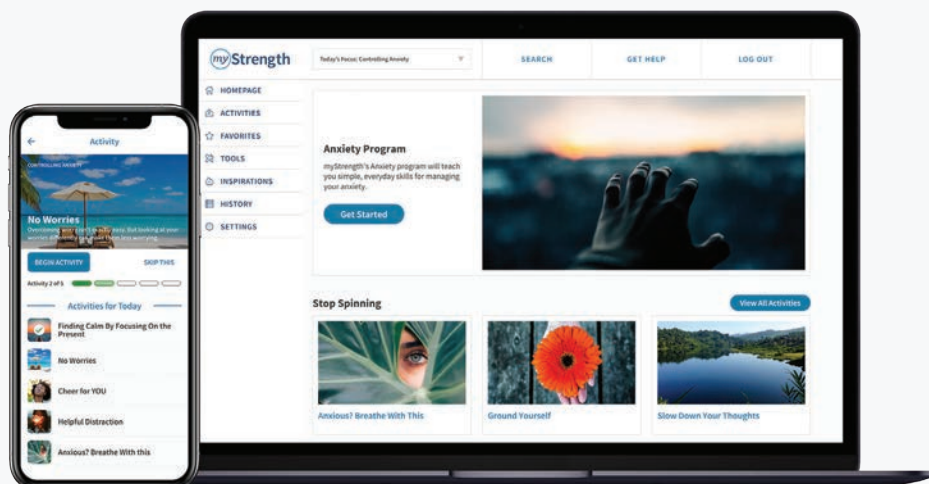


# PERSONAL SUPPORT FOR YOU

## Recharge, Refresh and Improve Your Mood with myStrength

Now you can use myStrength's web and mobile tools to support your goals and well-being. Learning to use myStrength's tools can help you overcome the challenges you face and stay mentally strong. And it's all safe, secure and personalized – just for you.



**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](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.

☐ **CMHCMCares**

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

**myStrength**

is presented by



**Community  
Mental Health**  
FOR CENTRAL MICHIGAN

