

# Take charge of your mental health

MHMR introduces **myStrength.com**

**One in four Americans** will suffer with depression or anxiety sometime in their lives. You are not alone. Now you can get the help you need from the comfort and privacy of your own home.

**How myStrength™ Works** After you complete your brief Wellness Assessment and personal profile, myStrength will deliver your personal home page based on your motivation level each day. You can work on eLearning, explore articles and videos, or just get inspired by the daily quote and community inspirations.

**Safe, Secure, Confidential, Effective** Your privacy is our top priority. We maintain the highest level of security available to create a completely confidential and safe environment for you every day.



#### For the Whole You

Daily tips for your mind, body, and spirit.

#### Personal and Relevant

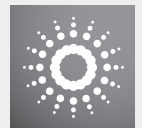
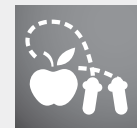
Your myStrength home page is built for you, based on your personal information.

#### Proven Resources

Based on the latest research and professional advice from best-selling authors.

#### Privacy Protection

We protect your password and online sessions to keep your information secure and confidential.



#### Packed with Tools

myStrength offers many resources to improve mental health.



## SIGN UP TODAY

1. Visit [www.myStrength.com](http://www.myStrength.com).
2. On the [myStrength.com](http://www.myStrength.com) home page, click on “Sign-up.”
3. Enter the following Access Code: **TarrantCommunity**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at [www.mystrength.com/mobile](http://www.mystrength.com/mobile)

“myStrength.com 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.  
—Jennifer, Working Mom, Kansas



## myStrength.com

The health club for your mind.™

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