



Interactive Digital Self-Care Resources Support You—Anytime, Anywhere

Your GuidanceResources® program partners with myStrength® to offer interactive behavioral health tools and resources to help you tackle common issues such as stress, depression, anxiety and insomnia, anywhere—anytime.

This user-friendly digital program is quick, easy and effective. Based on clinical models like cognitive behavioral therapy, positive psychology and motivational interviewing, the myStrength platform has helped thousands of people to improve and sustain their health and well-being.

Guided programs include:

- Anxiety
- Chronic pain and opioids
- Depression
- Mindfulness
- Sleep improvement
- Stress
- Substance use disorder
- Intense emotions
- PTSD
- Nicotine recovery and more

How It Works

Every time you use the program, it captures your preferences and goals, current emotional and motivational states and ongoing life events. Sophisticated machine learning algorithms within the platform then create individualized experiences through interactive programs, in-the-moment coping tools, inspirational resources and community support. These experiences help you reduce personal roadblocks, eliminate stress and overcome mental barriers on the road to a better you. Benefits of the myStrength platform:

- Proven to improve and sustain health and well-being
- Entertaining and informative interactive programs and resources
- Responsive web and mobile app options
- Programs for adults, college students, youth (aged 13 and older) and Spanish-speaking individuals

Log on today to get started at <https://mystrength.com>.

Here when you need us.

Call:

Online: guidanceresources.com

Web/App ID:

TTY: 800.697.0353

App: myStrength®

