

Personal Support for You!

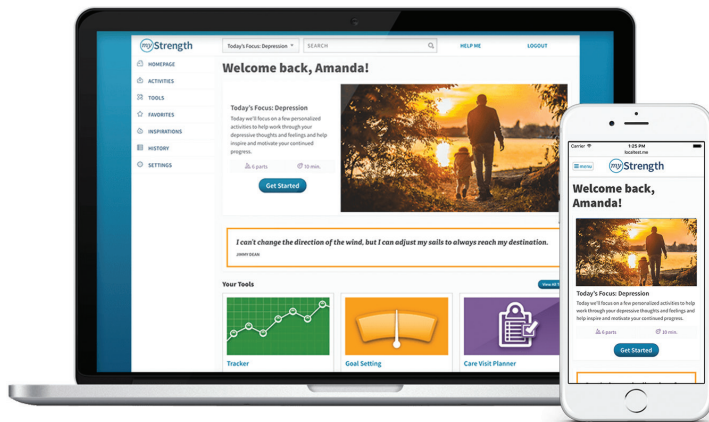
WellSpan Philhaven introduces myStrength

We all have our struggles.

Finding support to focus on your emotional health is important.

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

myStrength is safe and secure—just for you. It offers personalized resources to improve your mood. Learning to use myStrength’s resources can help you overcome the challenges you face.



myStrength’s proven tools can help strengthen your
mind, body and spirit.

SIGN UP TODAY

1. Visit www.mystrength.com and click “Sign Up.”
2. Enter the Access Code: **START**
3. Complete the myStrength sign-up process and personal profile.

What myStrength users are saying

*It’s nice to have
self-guided help that is
so accessible.*

*myStrength gives back
some of the ‘light’
I had lost.*

*myStrength gives me
hope and inspiration
for my recovery.*



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