

# Personal Support for You!

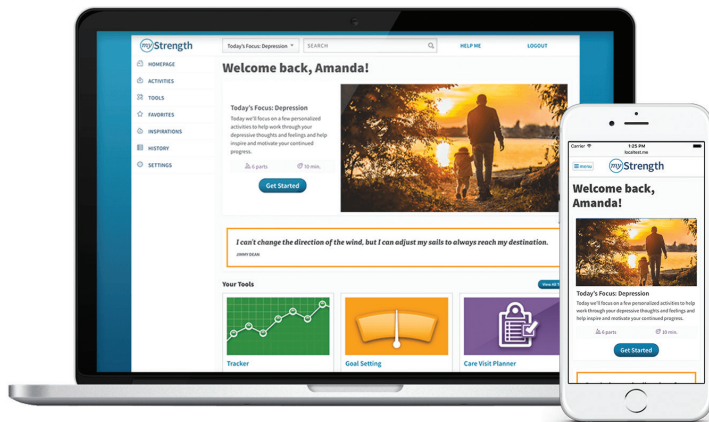
WellSpan Philhaven introduces myStrength

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 [WellSpanPhilhaven.org/myStrength](http://WellSpanPhilhaven.org/myStrength) or [Click here](#) to sign up now.
2. 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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WPH 11/20 [FPF-SAC-WPH-1117]