

# Say Hello

to **NEW** wellness tools.



## Welcome to a new partnership with your **EAP** and myStrength.

Take charge of your mental health with digital behavioral health tools as part of your Employee Assistance Program. Now you can use web and mobile tools to help you get better and stay mentally strong. myStrength is safe, secure and customized for you. This digital behavioral health platform can help you reach goals and maximize your overall wellbeing.

*“myStrength 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

### We all have our struggles.

Everyone has times when depression, stress, chronic pain, anxiety, lack of sleep and even substance use can impact daily living. Finding support to improve these things and focus on your emotional health is important.



### Sign up today.

1. Visit [www.EAP4YOU.com](http://www.EAP4YOU.com) |
2. Click “Go” under myStrength |
3. Follow instructions to -
4. Sign-up and |
5. Create a personal profile



CALL US TODAY: 800-327-4968  
800-EAP-4YOU | TTY: 877-492-7341  
[WWW.EAP4YOU.COM](http://WWW.EAP4YOU.COM)