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.

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.

SIGN UP TODAY
1. Visit WellSpanPhilhaven.org/myStrength
2. Complete the myStrength sign-up process and personal profile.