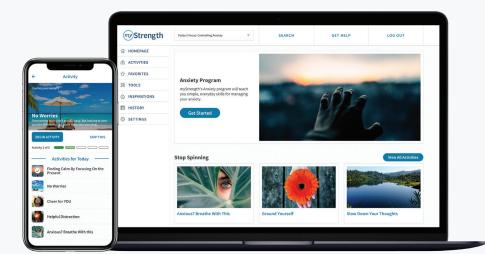
## PERSONAL SUPPORT For you

## Recharge, Refresh and Improve Your Mood with myStrength

Now you can use myStrength's web and mobile tools to support your goals and well-being. Learning to use myStrength's tools can help you overcome the challenges you face and stay mentally strong. And it's all safe, secure and personalized – just for you.



## What myStrength users are saying:

"It's nice to have selfguided help that is so accessible."

*"myStrength gives me back some of the 'light' I had lost."* 

## **SIGN UP TODAY**

- 1. Visit www.mystrength.com and click on "Sign Up,"
- 2. Enter the Access Code marked below.
- 3. Complete the myStrength sign-up process and personal profile.
  - JeffersonCounty

Go Mobile! Download the **myStrength** mobile app, log in, and get started today.



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