



# Safe, secure and personalized—the health club for your mind™

MyStrength is a safe, secure and personalized mental health resource providing inspiration, cultivating resilience, and strengthening skills to build strong mental health.



## MyStrength can help with:



Depression



Anxiety



Stress



Chronic Pain



Sleep



Pregnancy and early parenting



Addiction and Substance Abuse



Balancing intense emotions



Moving beyond trauma



Mindfulness & Meditation

## SIGN UP TO ACCESS THIS FREE RESOURCE:

- 1 Go to [www.myStrength.com](http://www.myStrength.com)
- 2 Click "Sign Up"
- 3 Enter the Access Code: **NLCMHCommunity**

Feel free to share this with your friends and family!

we fall.  
we break.  
we fail.  
  
but then,  
  
we rise.  
we heal.  
we overcome.

*Why fit in  
when you were born to  
**STAND OUT!***

Dr. Seuss

