

Personal Support for You!

Oakland County Community Mental Health Authority introduces myStrength

We all struggle with our moods at times. Anxious or depressive thoughts can weigh us down. Some of us may struggle with drugs or alcohol. Seeking help and focusing on your mental health is important.

Now you can use web and mobile tools to help you get better and stay mentally strong.

myStrength is confidential—just for you. It offers personalized resources to improve your mood. Learning to use myStrength's tools can help overcome the challenges of drug and alcohol abuse.



myStrength's proven web and mobile resources can help strengthen your mind, body and spirit.



SIGN UP TODAY

1. Visit www.myStrength.com.
2. On the myStrength.com home page, click on "Sign-up."
3. Enter the following Access Code: **OCCMHA**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at www.mystrength.com/mobile



Federal, Michigan Department of Health & Human Services, and County funding has been provided through OCCMHA's Substance Use Services.

What myStrength users are saying

It's nice to have self-guided help that is so accessible.

I love how personal myStrength is for me.

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

The mood tracker is fantastic!

I love that myStrength is available 24 hours a day.

It gives me hope and inspiration for my recovery.

myStrength.com

The health club for your mind.™
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