HealthPartners

**Cope, bounce back and grow during stress and change**

# myStrength

Now more than ever it's critical to support the emotional health needs of employees. HealthPartners is here to help by providing your employees with access to myStrength. This free, digital resource will help your population build resilience, reduce stress and lower anxiety, so they can improve their overall health and lower costs.

## Building skills to manage stress, depression, anxiety and more

myStrength is a digital program that uses evidence-based, cognitive behavioral therapy to support your employees with most aspects of their mental health. With myStrength, you and your employees get:

- Comprehensive, evidence-based support that addresses needs across the mental health spectrum – from general topics like resilience, sleep, and mindfulness to more serious needs like substance use and trauma.
- Convenient, 24/7 access to interactive, self-paced programs from a phone or computer
- Integration with other HealthPartners programs and solutions, including the digital experience, health and well-being coaching and disease and case management nurse support

## Full spectrum of support

**Emotional health focus areas:**

- Managing Depression
- Controlling Anxiety
- Improving Sleep
- Drug or Alcohol Recovery
- Chronic Pain
- Opioid Recovery
- Reducing Stress
- Mindfulness and Meditation
- Balancing Intense Emotions
- Pregnancy & Early Parenting
- Nicotine Recovery
- Moving Beyond Trauma
- Bipolar Disorder

**Life Topics**

- Coping During COVID-19
- First Responders Mental Fitness
- Managing Chronic Conditions
- Facing Racism and Discrimination
- Relationships
- LGBTQ+
- Work
- Caregiving
- Aging
- Grief
- Suicide

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