

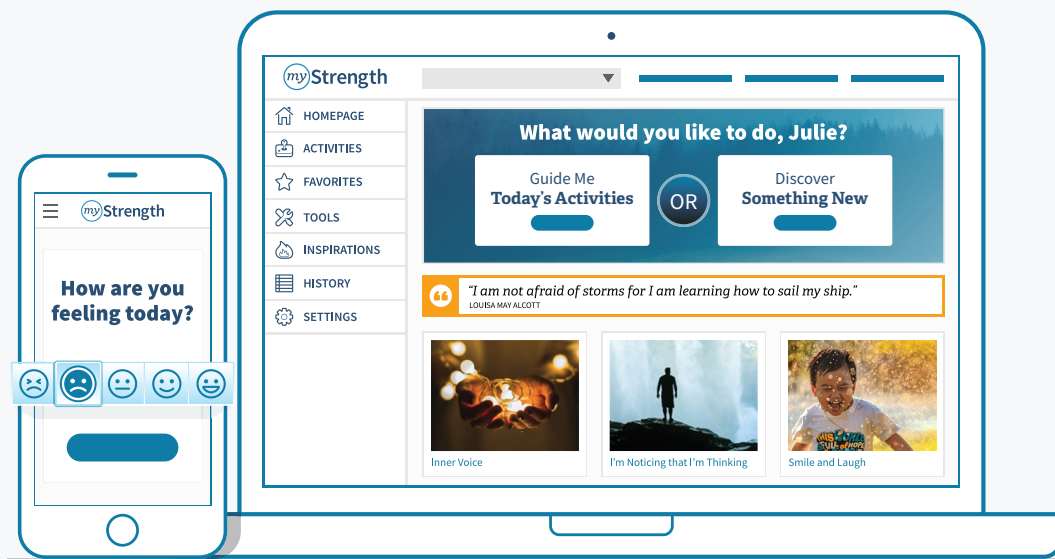
# PERSONAL SUPPORT FOR YOU

## 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 tools can help you overcome the challenges you face.



### What myStrength users are saying:

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

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

### SIGN UP TODAY

1. Go to <https://mystrength.com/go/epc/indiana>
2. Complete the myStrength sign-up process and personal profile.

**myStrength**  
is presented by

