

## **Saginaw County Community Mental Health Authority**

During this stressful time, Saginaw County Community Mental Health Authority is offering myStrength for clients or to be shared with others in the community using our subscription at no cost.

myStrength is a free and confidential mobile based application that provides updated content, personally tailored to support adults, families, and children, with a wide array of resources to support overall mental health and wellness. The application has recently added content on coping with COVID 19 and the life altering change to our lives as the result of infection threat and the need for social distancing to mitigate community spread.

myStrength is an evidenced based application that provides a variety of resources from videos to self-paced coaching for depression, anxiety, substance use disorder, healthy living and recovery, to name a few. You can check out myStrength here <https://mystrength.com/mobile>