

During this stressful time, Saginaw County Community Mental Health Authority is offering myStrength to you or to share with others in your community. **myStrength** is a free and confidential mobile based application that provides updated content, personally tailored to support to adults and families and children with a wide array of resources to support overall mental health and wellness. 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. Most recently they have added content specific to COVID 19.

You can check out myStrength here <https://mystrength.com/mobile>

Below is a screen shot and example of the myStrength homepage where you will find a link directly to COVID-19 resources.

If you would like to sign up to access your confidential sign on to myStrength account please do so by [clicking this link](#) and at the question that asks for your access code, type **SAGINAW**.

