



We all have our struggles. The myStrength app can help.

myStrength is designed to help you navigate life's challenges, make positive changes, and support your overall well-being. The app can help you set goals and work towards them in the ways that work best for you. You can get myStrength at kp.org/selfcareapps and choose the mental health and wellness areas you want to focus on, including:

- Managing depression
- Reducing stress
- Improving sleep
- Mindfulness and meditation
- Pregnancy and parenting
- Drug, alcohol, or nicotine recovery



Anyone can benefit from myStrength – and it's available at no cost to adult members

The app offers personalized self-care programs based on the cognitive behavioral therapy model. Programs include interactive activities, daily health trackers to monitor your progress, in-the-moment coping tools, and more. myStrength is:

- Evidence-based and proven effective
- Hand-picked by Kaiser Permanente physicians
- Confidential and easy to use

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