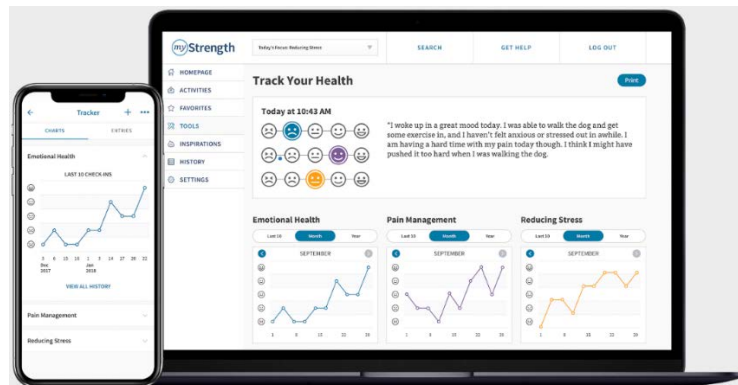




We are excited to announce a new partnership with myStrength, Inc. for 2020!



At Montgomery County, we provide tools to support the health of our employee and their families. We are excited to offer myStrength, a digital resource to promote mental health and well-being!

With myStrength you can:

Learn techniques to reduce stress

- Track your mood online
- Track your sleep patterns
- Access and share inspirations
- Access in the moment tools with the myStrength mobile app 24/7
- Manage depressive or anxious thoughts
- Explore hundreds of articles and activities on topics ranging from mindfulness and meditation, sleep, stress reduction, nicotine recovery, weight management, ptsd/trauma, pregnancy and early parenting, depression, anxiety and more.

SIGN UP TODAY

1. Visit www.myStrength.com and click "Sign Up" or download the myStrength app from the App Store or Google Play.
2. If you are a Montgomery County Employee, enter Access Code: **MCemployee**.
If you are the family member of a Montgomery County Employee, enter Access Code: **MCfamily**.
3. Complete the sign-up process and profile.