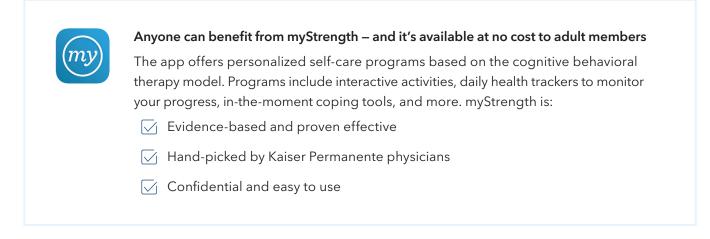
MENTAL HEALTH AND WELLNESS

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



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Get myStrength now at **kp.org/selfcareapps**