

# Teladoc myStrength



Build a healthier mind for a stronger you

Manage low moods, ease stress, and help improve relationships to help you enjoy doing more of the things you love. Teladoc myStrength is a FREE\* self-help emotional wellness tool for employees and family members aged 16+. You can access Teladoc myStrength via an app or online. The Teladoc myStrength app does not contain any adverts and the in-app guides are real human beings.



human guide



personalised  
content



no fees\*



100% anonymous

You'll also be able to access support via in-app messaging from your personal human guide during normal business hours. Personal guides are available Monday to Friday 9am to 5pm, except on public holidays.

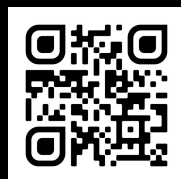


**Start your own emotional wellness journey today.**

mood improvement · stress · anxiety · mindfulness · meditation · sleep · grief · self-esteem · relationships · pregnancy · loneliness

## Would you like to improve how you feel?

Download the app today



[mystrength.org.uk](https://mystrength.org.uk)

Powered by  
**Teladoc**  
HEALTH

\*myStrength forms part of your benefit and is free for you to use.