

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 guides



no fees*



no adverts



personalised content



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 · chronic pain · mindfulness · meditation · sleep · trauma · nicotine, drug / alcohol recovery · LGBTQ+ · pregnancy · parenting

Would you like to improve
how you feel?

Download the app today



powered by
Teladoc
HEALTH

mystrength.org.uk

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