



Would you like to improve how you feel?

Stress less, sleep better, live happier

Teladoc myStrength is a free app for people aged 16+ who are looking to improve how they feel. Managing anxious thoughts, easing stress, improving relationships etc. can help you enjoy doing more of the things you love.

Topics include:

- Improving your mood
- Managing anxious thoughts
- Reducing stress
- Mindfulness & meditation
- Balancing intense emotions
- Improving sleep
- Managing chronic pain
- Moving beyond trauma
- Nicotine recovery
- Drug/alcohol recovery
- Pregnancy & early parenting

How to access:

- 1) Download the 'Teladoc myStrength' from the [App Store](#) or [Google Play](#), or
- 2) Access via a secure webpage: <https://app-eu.mystrength.com/signup/>

Please use the access code: **southyorkshirewellness** for either the app or secure webpage to get started.

