



Emotional health support when you need it most

Stress less, sleep better, live happier

South Yorkshire Integrated Care System (ICS) are pleased to offer patients access to a new emotional wellness app. The **free** app for **over 16s** in South Yorkshire helps you manage low moods, reduce stress, and balance intense emotions. And in-the-moment coping tools are brought to life by engaging materials to help you relax and slow down.

The **Teladoc myStrength Emotional Wellness App** has been created for patients who want tried-and-tested methods and support. It's available to download free from the App Store or Google Play or can be accessed via your tablet or web browser. Read on for more information and how to get set up.

Important features:



App available via mobile, tablet and web browser



Quick activities and helpful materials



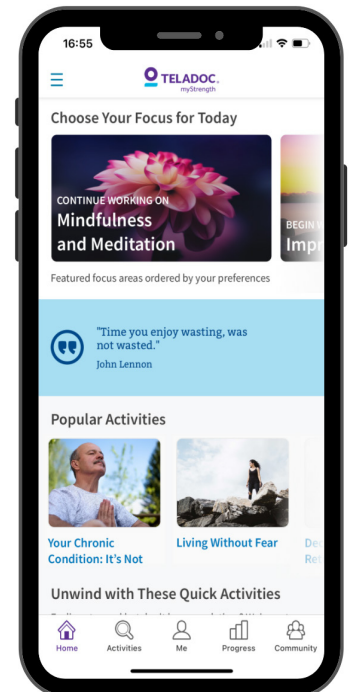
Interesting and custom content based on your choices



Easy to follow resources with the option to track your progress



In-app support 24/7 365 days a year



Get started today:



To download the free app, scan the QR code using your mobile phone camera, or type in '**Teladoc myStrength Emotional Wellness**' in the App Store or Google Play.

Once downloaded, open the app and follow the set up prompts - please use the **access code: southyorkshirewellness**

Alternatively, use your web browser to visit:

<https://app-eu.mystrength.com/signup/> and get started today.

For app access support, email Mystrength-UK@teladochealth.com