

# Coronavirus

## Support through EAP Digital Tools

### Your **EAP** and **myStrength**.

Take charge of your mental health with digital behavioral health tools as part of your Employee Assistance Program. Now you can use web and mobile tools to help you get better and stay mentally strong. myStrength is safe, secure and customized for you. This digital behavioral health platform can help you reach goals and maximize your overall wellbeing to face challenges presented by the Coronavirus (COVID-19) and every day life.

#### Sign up today.

1. Visit [EAP4YOU.com](http://EAP4YOU.com)
2. Click “Get Started” under myStrength
3. Follow instructions to sign up
4. Create a personal profile

#### We all have our struggles.

Depression, stress, chronic pain, anxiety, lack of sleep and even substance use can be impacted by COVID-19 challenges. Finding support to improve these things and focus on your emotional health is important during this time.

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](http://EAP4YOU.com), through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.