



Focus on your mental health with **myStrength**

Your mental health journey can look different from one day to the next. Navigate with confidence using **myStrength**, available on the Health & Wellness Centre*.

Complete the questionnaire and receive a personalized mental wellness program to support your unique needs.

Along your journey, access 1,100+ self-paced activities and other mental health resources, including:

- Clinical assessments and self-paced activities to manage a range of needs
- Support for lifestyle-related matters that impact your mental health
- A dedicated Canadian-based coach you can message for personalized navigation and support
- Feedback and reporting tailored to your unique needs to manage your progress and keep on track

*Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.