

Personalized emotional health support for life's ups and downs

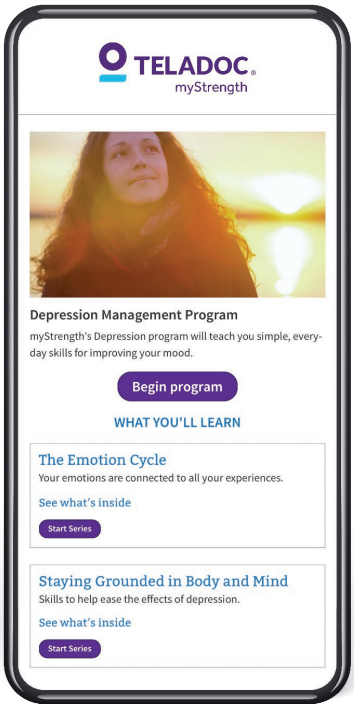
TELADOC® myStrength

myStrength is a flexible and comprehensive digital mental health program with proven tools to help you manage stress, depression, sleep quality, and more. Access anytime, all in one app.

Personalized plan.
myStrength will create a plan designed just for you, based on your needs and goals.

Recommended digital content and resources.
An in-app coach can help you navigate self-guided activities and tools.

In-the-moment tools.
Calm yourself down, shift your thinking, get inspired and feel more hopeful.



Get emotional health support on the go with the **Teladoc app**.

Get started today.

Visit Teladoc.ca/mystrength or download the Teladoc app.

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