



## Personalized resources *for a stronger you.*

MyStrength offers self-paced emotional health support designed for you that's available 24/7 online or through the myStrength mobile app. Connect with **myStrength** from the comfort of your home to help navigate any challenges you are experiencing.

### Chronic conditions

Twenty-one interventions that offer a nonjudgmental, inclusive and positive approach to support. Evidence-based resources that address the emotional, spiritual, social and practical challenges associated with living with or supporting a loved one with a chronic condition.

### First responders

Seventeen clinical interventions specifically designed to help people working in jobs such as law enforcement, firefighting, corrections, dispatch and EMS manage stress, address burnout, improve communication and build resiliency skills.

### LGBTQIA+

Twenty new activities covering validation of the gender spectrum and an individual's gender journey; reprogramming of internalized homophobia and transphobia; and education and emotional support for allies. Personal stories, videos, guided meditations, quizzes and worksheets for learning and reflection.

### Racism and discrimination

New focused content on navigating emotions in complex racial situations, including tools for coping day-to-day and over the long term. Related resources on myStrength to help process those emotions, including trauma, fear and minority stress.

### Bipolar disorder & psychosis

Twenty evidence-based activities that address emotional, spiritual and social challenges, and offer practical tips for people living with bipolar disorder.

Introducing  **Strength**



Scan to learn more at  
[eap.lucethealth.com](http://eap.lucethealth.com)

### ◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit [eap.lucethealth.com](http://eap.lucethealth.com)

Your company code: