

myStrength: Free COVID-19 Mental Wellness Program

Now through September 30, Beacon Health Options is offering Amida Care members free access to its [myStrength COVID-19 and Mental Wellness](#) website and app content. This unique emotional health program is designed to help anyone who is struggling with the uncertainty of COVID-19. Its extensive library of articles, videos, and eLearning is aimed at helping members navigate challenges, including a heightened level of stress and anxiety, feelings of isolation, and support for parents as families work and learn together under the same roof.

With myStrength COVID-19 and Mental Wellness resources, you can track your mood, find inspirational videos, articles, and quotes, and work at your own pace on eLearning programs. Plus, myStrength is secure and confidential. Amida Care members and their families have free access to all of the COVID-19 content through September 30, 2020 (but you must register by August 31 to have access in September).

To register, go to: <https://bh.mystrength.com/beaconcovidsupport>