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**FOR IMMEDIATE RELEASE**

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**REQUEST FOR MEDIA COVERAGE**

Frontier Health offers free support during COVID-19

Frontier Health is excited to announce that we are offering myStrength, a digital behavioral health platform, to everyone within our local communities absolutely FREE! Frontier recognizes the need to maintain good mental health and stay in recovery from substance use during the heightened stress and uncertainty brought on by the current COVID-19 pandemic. myStrength is a recognized leader and one of the fastest-growing digital behavioral health companies in the US. As a myStrength partner, Frontier Health is offering this supportive interactive tool as a 24/7 clinically-proven wellness resource that offers tools such as stress management, parenting tips for these challenging times, emotional support tools as well as videos and activities. myStrength runs on both IOS and Android platforms and can be accessed through our link on the Frontier Health website, <https://www.frontierhealth.org/mystrength/>. myStrength is completely confidential, and no personal information is gathered or distributed.

Ideally, myStrength is a digital resource that complements other forms of care, such as medication and working with a behavioral health professional, however, we hope that you will find it as a useful extra resource during this pandemic. We remain dedicated to our mission to help children, adults and families live their best lives, particularly in the face of the coronavirus. Together, we can get through this!

We invite you to be a part of our MyStrength Community and use this valuable free resource for yourselves and your loved ones as our gift to you.

User Reviews  
*“It helps me stay accountable for mindfulness and tracking my emotions. I love how easy the activities are because they are less overwhelming that way. Email reminders to track my sleep or log anything are also extremely helpful. myStrength is that extra support when I can’t talk to my therapist. It helps me see that I am not alone and that what I am feeling, others feel it too.” -myStrength User*

Frontier Health is the region’s leading provider of behavioral health, mental health, substance abuse, co-occurring, intellectual and developmental disabilities, recovery and vocational rehabilitation services, and has been providing services since 1957. Its mission is to provide quality services that encourage people to achieve their full potential. For more information, visit [www.frontierhealth.org](https://fh-mail2.fh.frontierhealth.org/OWA/redir.aspx?SURL=hjhV5Njp_6kERYYCmqI0TBX8HF49M0EpYdAHDb13-8v-u7IZ5UDWCGgAdAB0AHAAOgAvAC8AdwB3AHcALgBmAHIAbwBuAHQAaQBlAHIAaABlAGEAbAB0AGgALgBvAHIAZwAvAA..&URL=http%25253a%25252f%25252fwww.frontierhealth.org%25252f) or call 423-467-3600.