



AcademicBlue<sup>SM</sup>

myStrength

Life can be hard.  
Finding support shouldn't be.

**Now available to AcademicBlue members – myStrength – to help with the challenges of college life.**

myStrength is an online tool that helps teach you skills to feel happier, reduce stress, and confidently face life's challenges, big or small.



**Support on your terms**

Work on your own or choose to share your story anonymously with the myStrength student community.



**Exercises for your mind**

Explore activities based on effective methods like mindfulness and positive psychology.

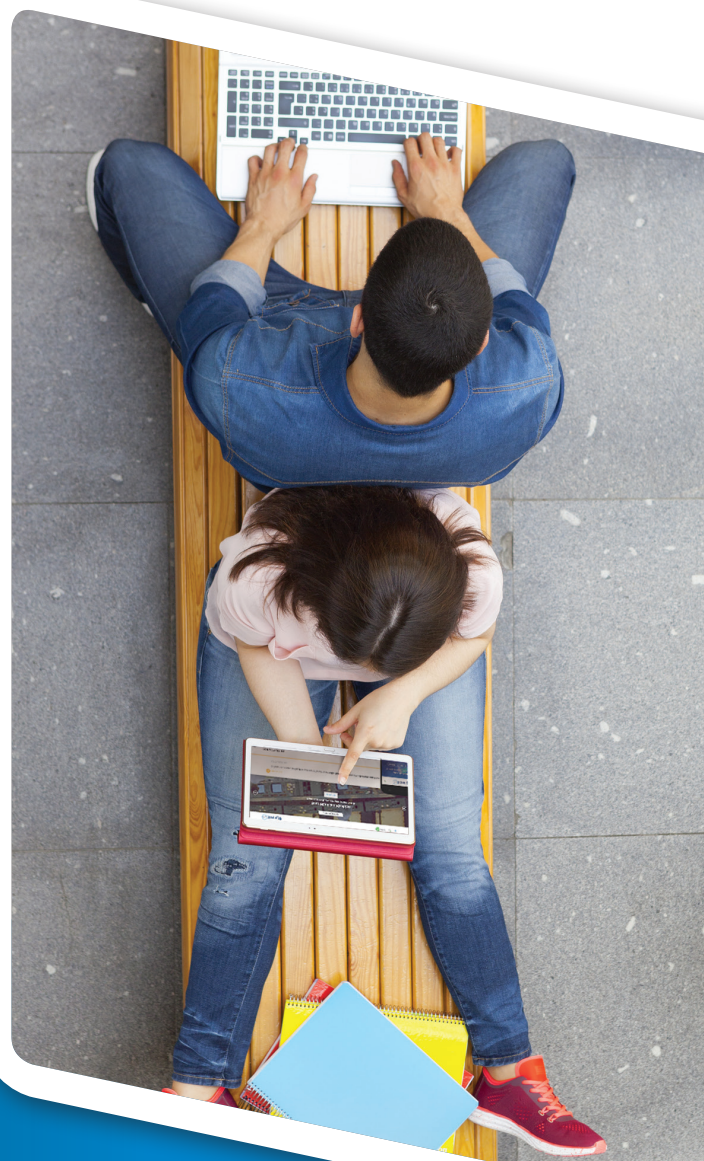


**Ready to help when you need it**

Between classes or at 3 a.m., myStrength is here for you 24/7.

Sign up for your free myStrength account at  
[mystrength.com/r/rosalindfranklinuniversity](https://mystrength.com/r/rosalindfranklinuniversity)

**Questions? Contact 1-855-267-0214**



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myStrength, Inc. is an independent company that provides behavioral health resources for the fully insured student health plans of Blue Cross and Blue Shield of Illinois.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-855-710-6984 (TTY: 711).

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