



AcademicBlueSM

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.

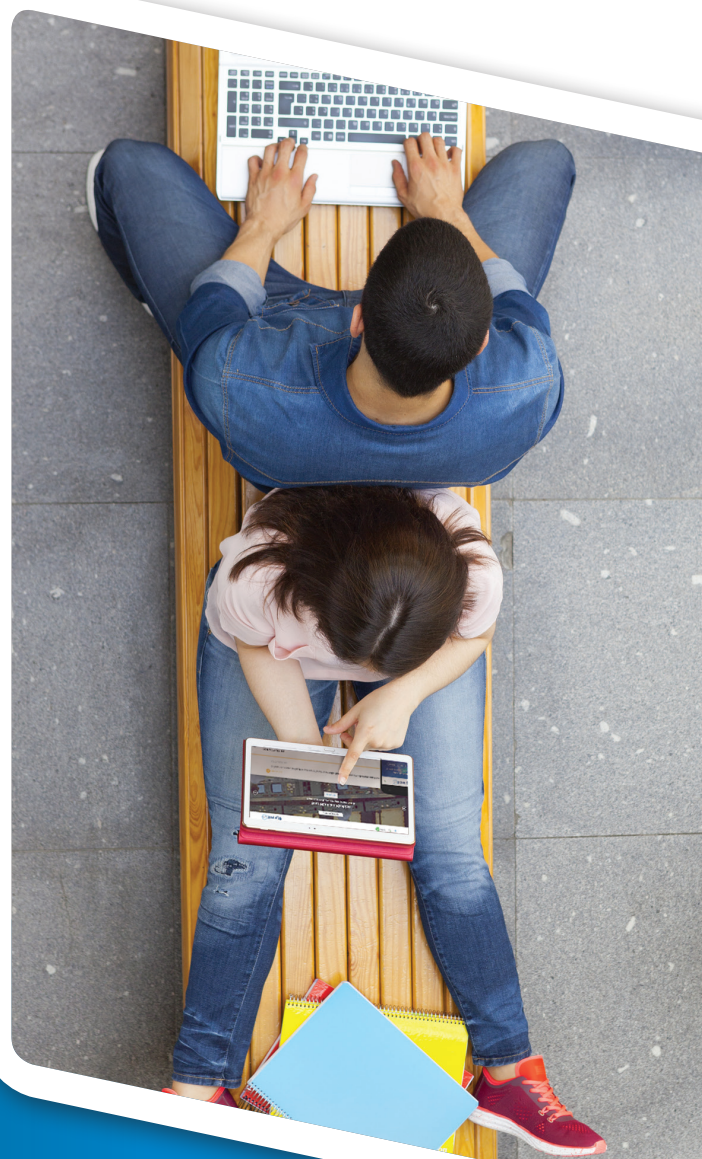


Ready to help when you need it

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/stephenfaustin

Questions? Contact 1-855-267-0214



AcademicBlue is offered by Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

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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 Texas.

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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).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

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