

## myStrength Awareness Email

Content for Schools, Organizations and Businesses

We have drafted an email for you to use when completing outreach to your contacts.

### SCHOOLS

Dear <Public Schools Name> students and parents,

The mental health of our students and staff is important to us, and we are committed to improving their health and well-being.

**That's why we're sharing that Priority Health is offering FREE access to myStrength, a digital mental health app, to Michigan residents ages 13 and up.\*** This app is a safe, secure and personalized mental health and wellness tool.

Get started:

1. **Download the app** at [priorityhealth.com/mystrength](https://priorityhealth.com/mystrength)
2. Create an account and answer a few questions about what's on your mind to **personalize your plan**
3. Explore content, activities and tools to help you **live your happiest and healthiest life**

We hope you take advantage of this free resource.

Thank you,

<school administrator>

\*myStrength is available to Michigan residents ages 13 and up through June 30, 2024 because of support from Priority Health.

Priority Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia en su idioma. Consulte al número de Servicio al Cliente que está en la parte de atrás de su tarjeta de identificación de miembro. (TTY: 711).

ملاحظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. يرجى الاتصال برقم خدمة العملاء على الجانب الخلفي من بطاقة عضويتك الشخصية. (رقم هاتف الصم والبكم: 711)



## **BUSINESSES AND ORGANIZATIONS**

Dear <Business employees/Organization supporters>,

Your mental health—as well as the mental health of your friends and family—is important to us. We are committed to improving the health and well-being of our community.

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Get started:

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We hope you take advantage of this free resource.

Thank you,

<Business/Org leadership>

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