



# Yakima Health District

## Media Release

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### **Yakima Health District Launches Behavioral Health App “myStrength” for all Yakima County Residents**

**Yakima, WA-** The COVID-19 pandemic has impacted each and every community. For most, the past year has been full of challenges that caused increased stress, anxiety, and isolation in both adults and children. While physical health has been a primary focus, the Yakima Health District understands that behavioral health is equally as important. For this reason, the Yakima Health District has worked with partners to address the behavioral health effects from the COVID-19 pandemic. Coping during COVID-19 is hard, but there are many resources available to help.

One such tool is the mobile application that was purchased by the Yakima Health District for any community member to utilize. This mobile application is called “myStrength.” The myStrength app offers tools for assisting with many behavioral topics. This app is available in both English and Spanish and is offered at no cost to community members who live in Yakima County.

Anyone who wants to utilize the myStrength app can go to the [Yakima Health District website](#) for more information on how to download the behavioral health platform.

The myStrength app will provide individuals with the mental health tools to control anxiety, balance emotions, manage chronic pain, sleep and more. Some of the many activities include breathing exercises to help individuals unwind and inspirational sayings. All the tools in this app are evidence-based self-help resources for emotional health and overall well-being.

### **Quotes**

“Our mental health is important, and we have seen the impact the COVID-19 pandemic has had on our collective health. While public health recommendations are necessary to stop the spread of COVID-19, they can make us feel isolated and increase our stress. Therefore, it is important to find healthy ways to cope and take care of our mental health.” -Dr. Larry Jecha, Interim Health Officer, Yakima Health District

“The Yakima Health District invested in the myStrength app to allow individuals in Yakima County access to tools to help manage their mental and behavioral health during the COVID-19 pandemic. It is crucial to find healthy ways to focus on your mental health. Use it at home with your family, on your break, or to help you go to sleep. This app was selected due to its availability to all our community members. It is free to use and available in English and Spanish. Consider using this app as a resource for your well-being.” -Andre Fresco, Executive Director, Yakima Health District



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## How to Sign Up



is presented by



1. Visit [www.mystrength.com](http://www.mystrength.com) and click on “Sign Up”
2. Enter the *Access Code* marked below.
3. Complete the myStrength sign-up process and personal profile.

Access Code- *YakimaCounty*

Go Mobile! Download the myStrength mobile app, log in and get started today.

## Additional Information

[myStrength](#)

[Practice the Pause](#)

[CDC: Coping with Stress](#)

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