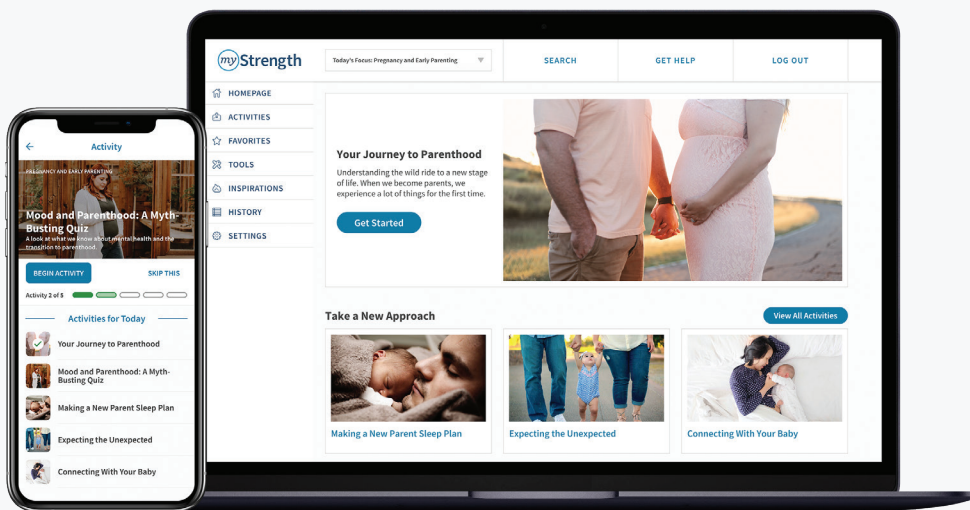


# TOOLS TO SUPPORT NEW AND EXPECTANT PARENTS

Many parents don't realize how common mental health challenges are during pregnancy and early parenthood. Every new child is a new transition. This time can be very exciting. It can also present a mixed bag of emotions and experiences.

Whether you're a new or expectant parent, myStrength can help you through all the joys and challenges that come your way. You'll find tools to build everyday strength, resources to improve your mood, and support to stay resilient when times are tough. You can even customize your myStrength support to include topics like breastfeeding, partner involvement, medical complications, grief and loss, and more. Gain expert tips and hear from real parents as myStrength supports you through your journey.



**This program supports anyone who is expecting a baby or has a child up to 3 years of age, including:**

- Mothers
- Fathers
- Partners
- Single parents
- Same-sex couples
- Adoptive parents

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2. Enter the **Access Code** marked below.
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