AcademicBlue℠

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

myStrength

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.

*my*Strength

Sign up for your free myStrength account at

Questions? Contact