



# The New MindTide App from KGA!

## Anytime, Anywhere Mental Health Support

KGA MindTide is a new self-help app personalized to your specific needs. You can use it independently at your own pace, or along with support from a KGA counselor.

MindTide's brief, easy-to-use exercises, courses, and audio tools can help you:

Handle stress, worries, & anxiety

Fight negative thinking

Cope with panic

Decrease social anxiety

Build self-esteem

Practice self-compassion

Live calmly and mindfully

Pursue happiness



### Learn how to get started with MindTide!

Members: [Sign into your account](#)

Non-Members: Use your company code to [become a KGA member](#)



More Human. More Resources.

For more support, contact KGA at:

[www.my.kgalifeservices.com](http://www.my.kgalifeservices.com)

800-648-9557

[info@kgreer.com](mailto:info@kgreer.com)