

myStrength's Evidence-Based, Digital Behavioral Health Platform Receives Investment from Zoma Foundation

Investment will expand digital maternal mental health services to improve the emotional health and well-being of families with young children

DENVER, CO, UNITED STATES, August 28, 2018 /EINPresswire.com/ -- [myStrength](http://myStrength.com), Inc., a leading provider of digital behavioral health solutions for more than 150 of the largest U.S. healthcare payers and providers, announces that [Zoma](http://ZomaFoundation.com) Foundation has made a \$1.2 million program-related investment in the company.

Zoma's investment will expand digital maternal health services for families with young children. The Zoma Foundation was co-created by Ben and Lucy Ana Walton, based in Denver and founded in 2016.

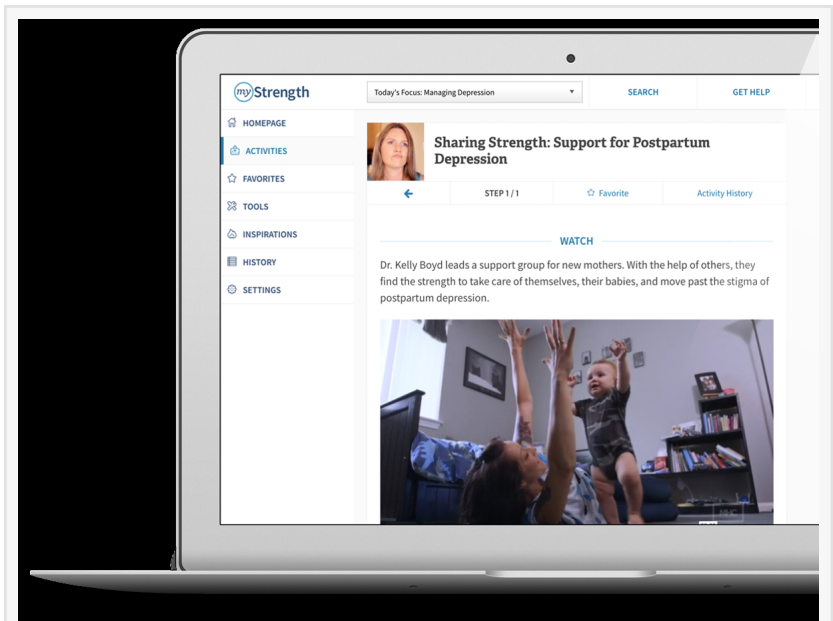
The investment will aid the development and delivery of web and mobile applications specifically designed to support the identification of perinatal mental health risks and provide families with greater access to a full spectrum of evidence-based digital maternal health topics including depression, anxiety, relationships, infertility and miscarriage. Pre-pregnancy, pregnancy and post-pregnancy tools, resources and coaching services will promote resiliency, empowerment and coping skills. Further, these services will be made accessible through myStrength's rapidly-expanding payer and provider partnerships.

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myStrength's CEO, Scott Cousino

“Supporting mothers during pregnancy and postpartum has long lasting societal impacts. We are excited for this partnership and are confident our investment in myStrength will help aid in the development and delivery of evidence-based maternal mental health services, which is critical for whole family health and well-being, and will set another example on how philanthropy can partner with other sectors to catalyze social change,” said Luis Duarte, President of Zoma Foundation.”



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The myStrength-Zoma Foundation partnership, and Zoma's investment, represents an alignment

of focus to increase screening for perinatal mood and anxiety disorders and extend access to evidence-based maternal mental health services across broad populations — thereby increasing the health and well-being of whole families.

Perinatal mood and anxiety disorders represent the most common complication in pregnancy. According to the Centers for Disease Control and Prevention, as many as one in five women will experience postpartum depression. Perinatal depression has been associated with many poor outcomes, including maternal, child and family unit challenges. The lasting impacts of perinatal mental health issues underscores the need to provide early screening and support for parents during the prenatal and postpartum phases.

myStrength's CEO, Scott Cousino, shared, "We are unequivocally aligned with Zoma Foundation's mission-focused commitment to support mental health for parents and families. By creating unique resources to strengthen the mental health of parents and caregivers, we positively impact the mental health and development of the children." Cousino added, "This is an exciting investment that will allow us to rapidly grow our evidence-based applications and extend treatment technologies to populations in need."

myStrength's digital platform offers real-world clinical outcomes and delivers measurable impact on healthcare costs, further validating the company's value to healthcare payers and providers. The company targets the most prevalent and costly behavioral health conditions including depression, anxiety, stress, substance use disorders, chronic pain and sleep disorders. For more information, please visit www.myStrength.com

About myStrength:

myStrength, Inc. is a recognized leader in digital behavioral health. myStrength greatly enhances traditional care models, while addressing issues of cost, lack of access, and stigma, to deliver mental health and well-being resources at scale. Our platform targets the most prevalent and costly behavioral health conditions □ empowering consumers with innovative self-care resources to manage and overcome challenges with depression, anxiety, stress, substance use disorder, chronic pain and sleep. myStrength's evidence-based resources offer digital interactive exercises, self-care modules and daily wellness inspiration, which is personalized to each user. myStrength collaborates with more than 150 health plans, integrated health systems, EAPs, disease management providers, managed and community behavioral health providers, strategic alliances, ACOs and FQHCs.

About Zoma Foundation:

The Zoma Foundation, a Denver-based foundation created by Ben and Lucy Ana Walton, was founded in 2016. Early childhood development is a focus area of the Foundation which is committed to reducing social-emotional and cognitive disparities in children from conception through age 5 in the greater Denver metro area. The Foundation addresses four areas of support for families toward this goal: Perinatal mental health; Parent and family awareness of early childhood development; Child maltreatment prevention and care; and Catalytic tools and initiatives supporting the early childhood field.

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