



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](#)



For more support, contact KGA at:
My.KGALifeServices.com
800-648-9557
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