

# Empower your mind with our mental health app

Care first  
Part of **PRIORY**



my possible self  
the mental health app

Discover interactive tools to help manage your mental wellbeing with our NHS certified app

## Toolkit

Tools to identify behaviours and monitor progress.

## Tags

Recognise the activities, people and places that influence your mood.

## Mood journal

Record how you feel and help you understand your moods.

## Visual & audio exercises

Boost your mood, relax your mind or drift off to sleep.

## Insights

Understand yourself better and do more of the things you like.

## Journals

Record worries, emotions and actions in the moment.

## Promote lifestyle changes

Exercise videos, lifestyle quizzes and logs – Make lifestyle changes to improve your wellbeing.

## Download the app...



## Getting started

1. Access the app via the QR code or <https://app.mypossibleself.com>
2. Click sign up for free
3. Enter your email address, password of your choice
4. Enter nickname and organisation passcode:
5. Accept the data protection and terms and conditions



My Possible Self is available for Android™ and iOS devices, as well as a web app through your favourite browser.