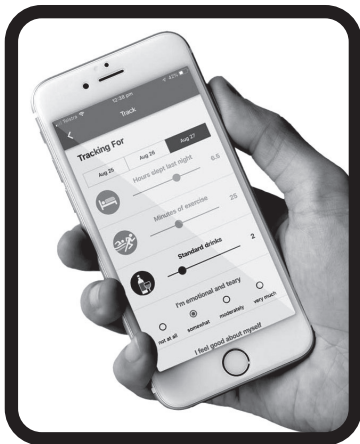




# TRACK:

Your progress + Check in



## YOUR PROGRESS

Download the award-winning free tool, perfect for managing stress, anxiety, and depression. It cleverly tracks your sleep, exercise, and alcohol intake, to help you understand their effects on your thoughts and feelings.

Gain insights into how these factors influence your thoughts and emotions.

- Free, easy to use
- 100% confidential
- Industry endorsed - SAHMRI



## CHECK IN

Checking in with your mate, ups your chances of achieving goals by 95%.

- Plan regular catch-ups
- Make them face to face
- Be honest - tell your mate exactly what's messing with your head

