

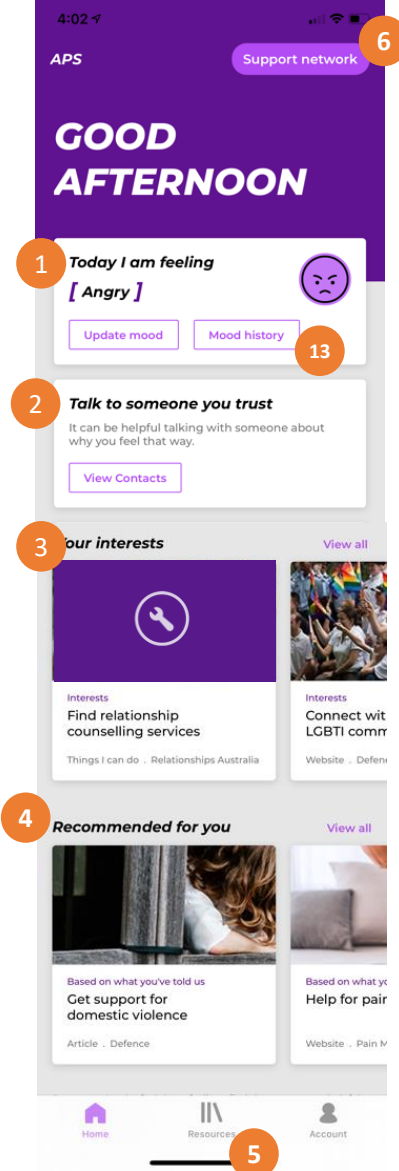
Home page

You will be able to launch a mood tracker, **1** see notifications **2** and quickly view resources that might be of interest **3** and recommended resources. **4**

You can also explore resources tab **5** where there is 260+ trusted resources from Defence and external organisations.

Access to support

At any time, tap on the 'support network' **6** button located in the top right to find what help that is available to you. You can even add to your support network by tailoring this list to access support quickly if you need it.



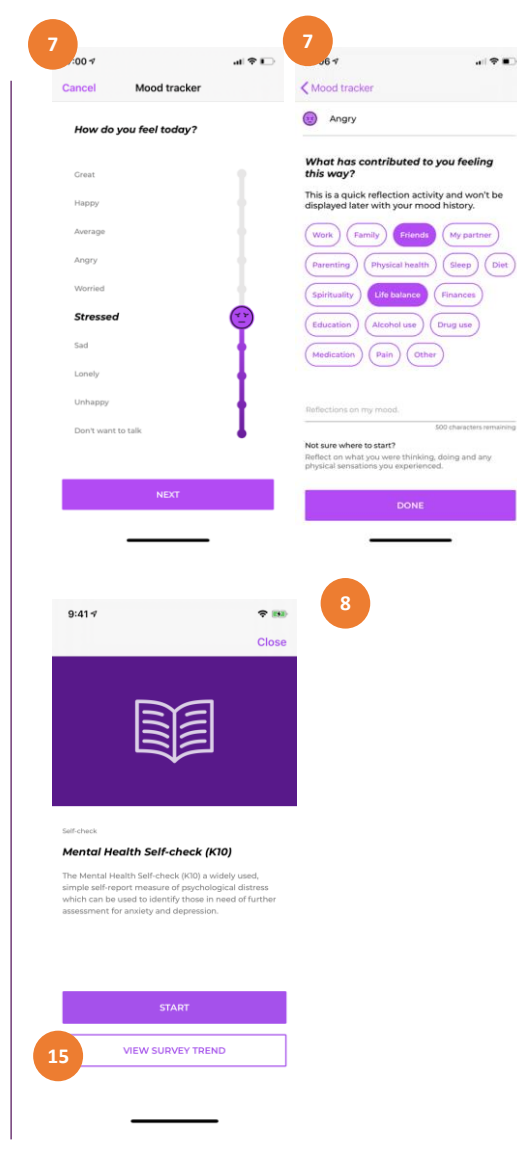
Reflect

Through mood tracking, reflection activities and self-checks

Just click on 'track mood' or 'update mood' **1** on the home page of your app at any time to bring up the mood tracking activity. **7** This is where you select a mood and think about why you felt that way – giving you a deeper understanding of your emotional health.

To access the self-checks available in the Mental Health app tap on the resources tab **5**, select 'self-check' in the drop down **8** to see the available options.

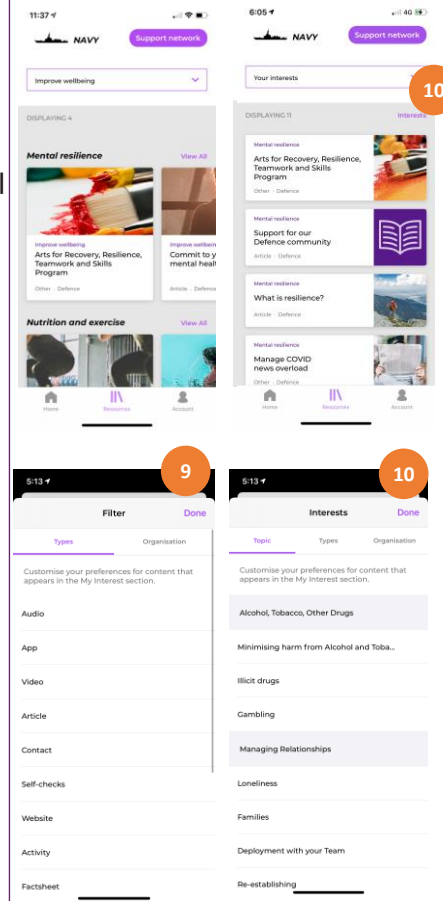
Doing these activities updates the 'recommended for you' **4** carousel with resources based on your mood and self-check data.



Discover

A wide range of high quality external resources which have been vetted and chosen for the Defence community. To find them you can explore 'your interests' **3** or 'recommended for you' **4** carousels on the home page. The other option is to tap on the resources tab **5** and explore the topics and sub topics available.

You can filter by type of resource or organisation **9**. If you click on your interests you can also update the interests you want to see on the home page **10**.



Be empowered

Want to know how HeadStrength has helped over time? Check out your mood history **11** or self-check history **15** to see trending information on your mental health and wellbeing. **12**

Click on mood history **13** from the home page to see your mood history page **16**

Click on your self-check history by navigating to self-checks under resources tab, **5** select self-check in the drop down **14**, selecting a self-check and clicking 'history'. **15**

