

App for Carers and Families

MyCare

MyCare helps carers and family members to take good care of themselves

Try the MyCare App:



MyCare

An app developed by the Meriden Family Programme in partnership with families and carers of people who live with mental health difficulties

The MyCare App is free to download:



From the Meriden Family Programme website:
www.meridenfamilyprogramme.com/mycare

No smart phone or tablet?
View the MyCare website in your web browser:
www.mycareapp.co.uk

Reviews on the App store

- **“Fantastic app** This is what we have been waiting for.....really like the stress busters”.
- **“An app that cares for carers.** This is an amazing app”
- **“Love the stress test** and the links to the helpful organisations”.
- **“Great app** Hope it helps carers like me to think about their own health”.

