RIGHTDECISIONS
FOR HEALTH AND CARE

NHS
Greater Glasgow and Clyde

MyApp: My Mental Health
A collection of resources to support your mental health

Visit the Website: https://rightdecisions.scot.nhs.uk/myapp-my-mental-health/

Download the App:

- Download the **Right Decisions: Health & Care** app
- Select the **Public/Patient** option
- Select **MyApp: My Mental Health** and add to your toolkits
- You can now access directly under **My Toolkits**

Available on the **App Store**

GET IT ON **Google Play**