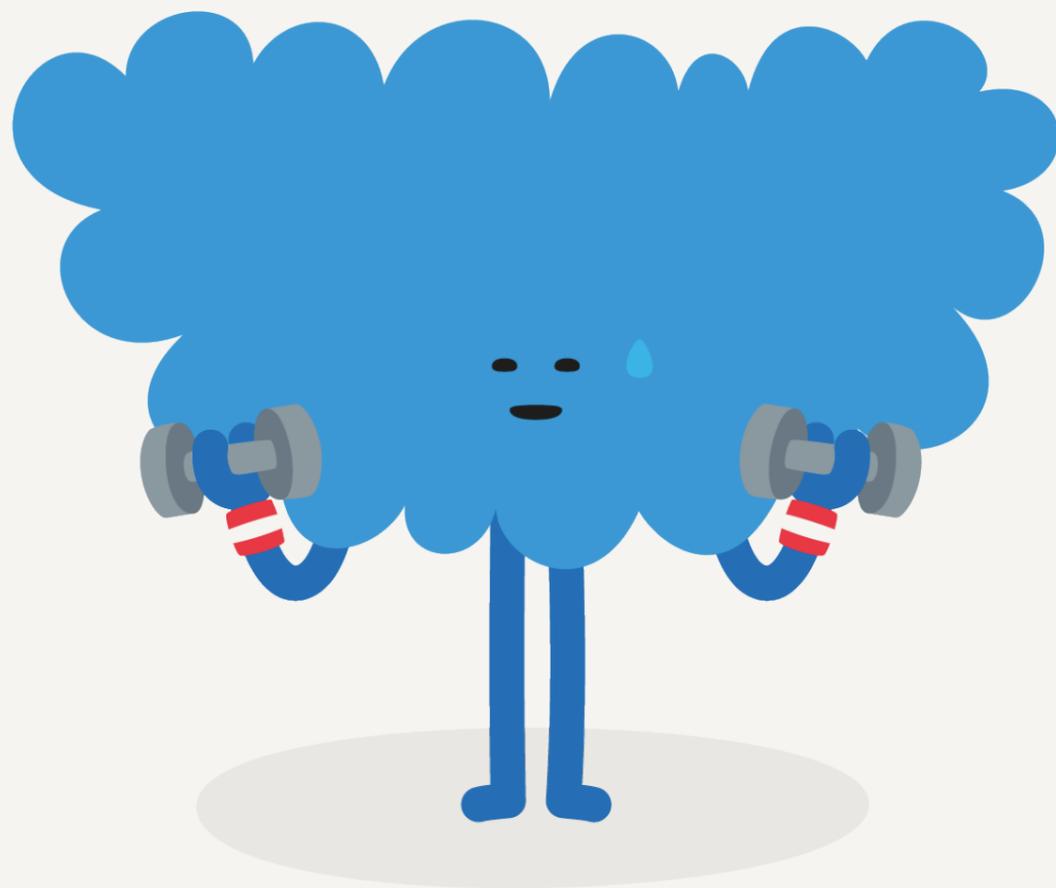


Feel weighed down by low mood?

Low mood and depression weigh you down. Instead, engage, initiate and activate.

Improve your mood with the free Move Mood app. Increase your motivation to carry out a variety of tasks in order to help you to move forward, take control and feel positive.

Build your power to lift this weight.



The stem4 Move Mood app is available as a free download from App Store and Google Play.

Please note the app is an aid in treatment but does not replace it.

www.movemood.co.uk
@appmovemood #movemood #liftyourmood

Developed by stem4 – Registered Charity Number 1144506



stem4
supporting teenage mental health