

# 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](http://www.meridenfamilyprogramme.com/mycare)

No smart phone or tablet?  
View the MyCare website in your web browser:  
[www.mycareapp.co.uk](http://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”.

