

# Keep track of your feelings with the POD Carers app

## Have you heard about the POD Carers app?

This wellbeing app has been developed specifically for carers, family members and friends of people living with mental health challenges. The app is simple to use. Once a week you rate how you are feeling and view your results.







## An emotional diary

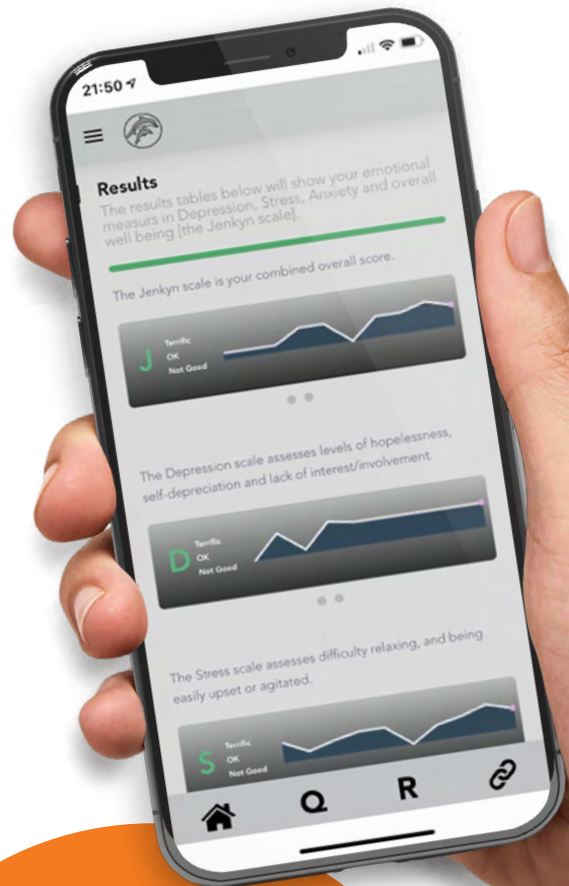
With help of the **POD Carers** app you will know within 30 seconds whether your wellbeing has improved or declined in the past week. You may find out you need to take some time-out or have a chat to someone you trust. **POD Carers** is a great resource to monitor your own mental health and get extra help when you need it.

## Confidential

All the information collected by **POD Carers** remains completely confidential. When you download the app you don't have to enter any personal details. The anonymous data is collected by the app and used to gain more insight into the effects of being a carer. This data is used anonymously to guide government departments when developing better policies for carers.

## Benefits of the POD Carers app

-  Monitor your mental health
-  Realise when you need help
-  Awareness of your stress levels
-  Awareness when you are doing well/not doing well
-  Awareness when to use your tools and resources
-  Inform policymakers with anonymous data that may improve your future



## Download it now

**POD Carers** can be downloaded for free from the [Google Play](#) store on Androids or the [App Store](#) on Apple devices.

If you require some help getting started, please call the Marketing Team on (08) 9427 7100.

