



MOVE MOOD

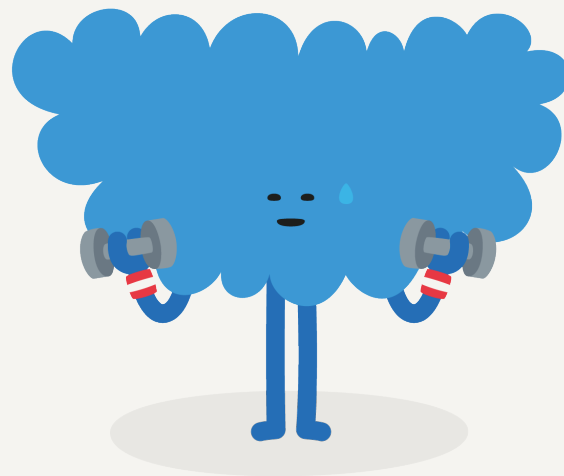
# LIFT YOUR MOOD

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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](http://www.movemood.co.uk)

@appmovemood #movemood #liftyourmood

Developed by stem4 – Registered Charity Number 1144506



stem4  
supporting teenage mental health