

Feel weighed down by low mood?



MOVE MOOD

LIFT YOUR MOOD

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



The stem4 Move Mood app is available as a free download



www.movemood.co.uk

@appmovemood #movemood #liftyourmood

Developed by stem4

Registered Charity Number 1144506

stem4
supporting teenage mental health