

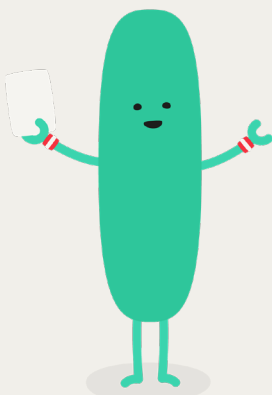
Privacy

The good news:

We want you to have as small a digital footprint as possible so we don't collect any personal data and can't identify you. The only data we have is the optional information you give us when you register which is really helpful for us in terms of

knowing what sort of ages the users of our app are, which locations it's used in, and which tasks are the most useful. Again, these are not identifiable in any way at all and we use these to make the app better.

The bad news: Because we don't collect any identifiable data we can't help you if you lose your passcode and security answer. You will have to reinstall the app. Sorry – but we thought your privacy was the most important thing.



Using Move Mood during Covid-19

The outbreak of Coronavirus (Covid-19) has been difficult in terms of the restrictions it has posed as well as its effect on creating an uncertain and anxious time for us all. Many young people – particularly those who had problems before the outbreak – are worried about how the situation might impact their mental health. The most important thing to remember is that if you find yourself sad or depressed, you are not alone.

stem4 has produced a guide to dealing with low mood and depression during Covid-19 using the Move Mood app along with a short video which can be found at www.movemood.co.uk.



@appmovemood

www.movemood.co.uk



MOVE MOOD

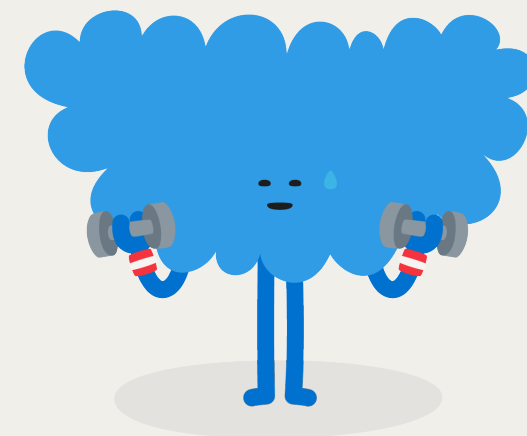
stem4
supporting teenage mental health

Wimbledon Business Centre, Old Town Hall,
4 Queens Road, London SW19 8YB
Registered Charity Number 1144506

Feel weighed down by low mood?



Download the
Move Mood
app

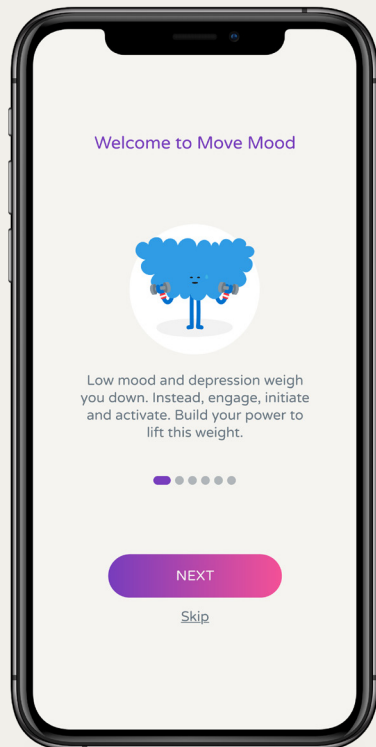


About Move Mood

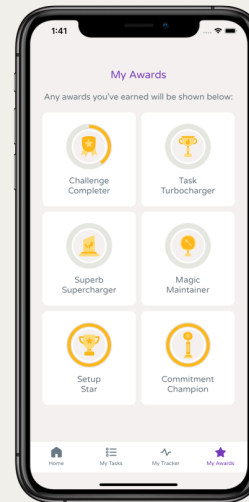
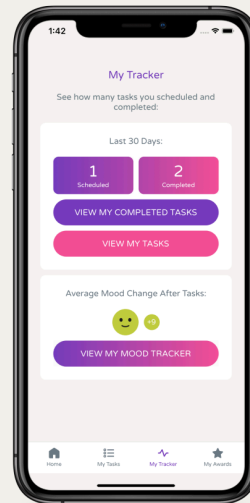
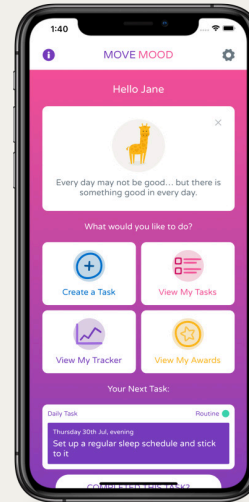
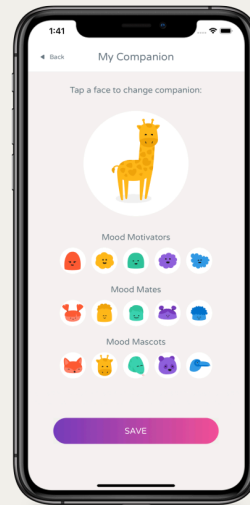
Low mood and depression weigh you down. Instead, engage, initiate and activate.

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.



Screenshots



How Move Mood works

Move Mood aims to help young people manage the behaviours associated with low mood or depression. It follows a type of treatment called Behavioural Activation Therapy (BAT) which encourages people with depression to approach activities they may be avoiding.

This is done by defining goals and setting activity schedules since when a person is depressed they tend to avoid particular situations or activities. Unfortunately, avoidance leads to more depression trapping people in further depression.

The app encourages the user, with the help of a 'companion', to make a commitment to carry out tasks. By completing these tasks, users can then work towards special 'awards'.

There is opportunity for monitoring progress and a section for resources. It is password protected and confidential.

For those individuals with severe symptoms of depression, Move Mood needs to be used together with individual support from a mental health professional.