



# MyCare

The new MyCare app, developed by the Meriden Family Programme in partnership with families and carers of people who live with a mental health condition, is designed to help carers and family members take good care of themselves.

It has resources and tools that can help with relaxation, sleep, exercise and stress management as well as providing a comprehensive range of helpful information and signposts.

The app is free to download for phones and tablets that are running Android or iOS - from either the Google Play or the Apple App store.

It can be downloaded:

- from a phone or tablet app store by searching on MyCare
- via a link from the Meriden Family Programme website:  
[www.meridenfamilyprogramme.com/mycare](http://www.meridenfamilyprogramme.com/mycare)

For those without a smart phone or table, a web-based version of the app can be viewed on: [www.mycareapp.co.uk](http://www.mycareapp.co.uk)

**Contact details:** Nadine Berry, Team Administrator  
[nadine.berry@bsmhft.nhs.uk](mailto:nadine.berry@bsmhft.nhs.uk)  
Tel: ++44 (0) 121 301 2896

[www.meridenfamilyprogramme.com](http://www.meridenfamilyprogramme.com)