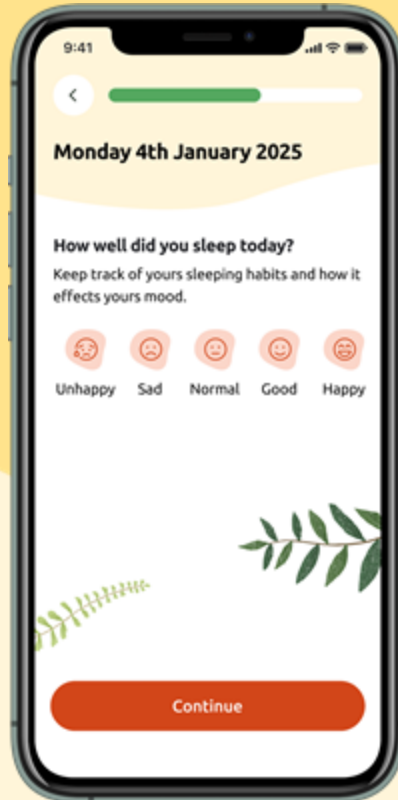


The Trust Links Wellbeing App



Home Page



Welcome back,
Tash

How are you feeling today?



Unhappy Sad Neutral Good Happy

Daily Challenge 0 of 3

Complete Service Usage



Check in with how you're feeling today >

Complete an Exercise



Try a quick wellbeing exercise or activity >

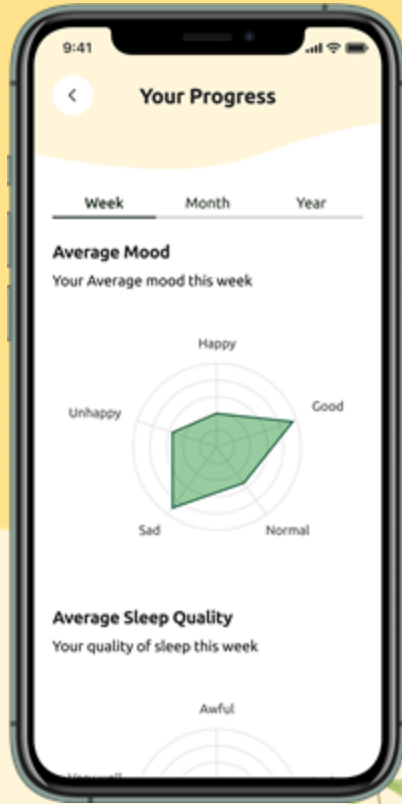
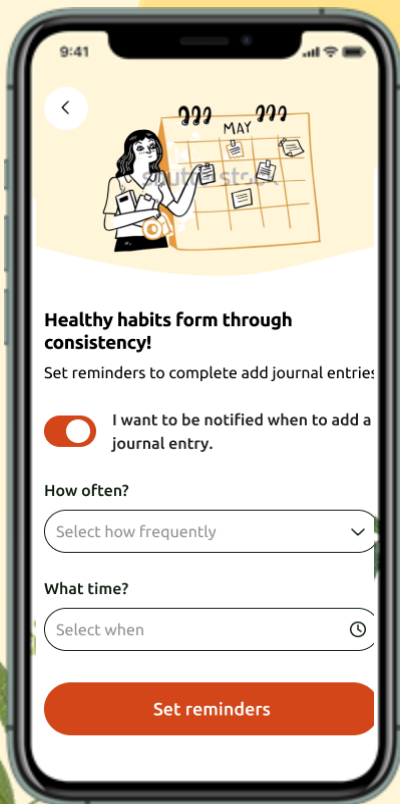
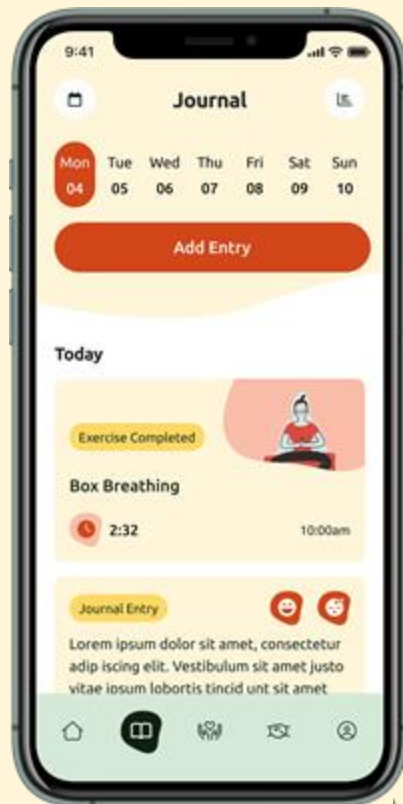
Add a Journal Entry



Track your mood and feelings >



Daily Wellbeing Journal



Welcome back,
Tash

reeling >
today

Complete an Exercise

Try a quick wellbeing exercise or activity >

Add a Journal Entry

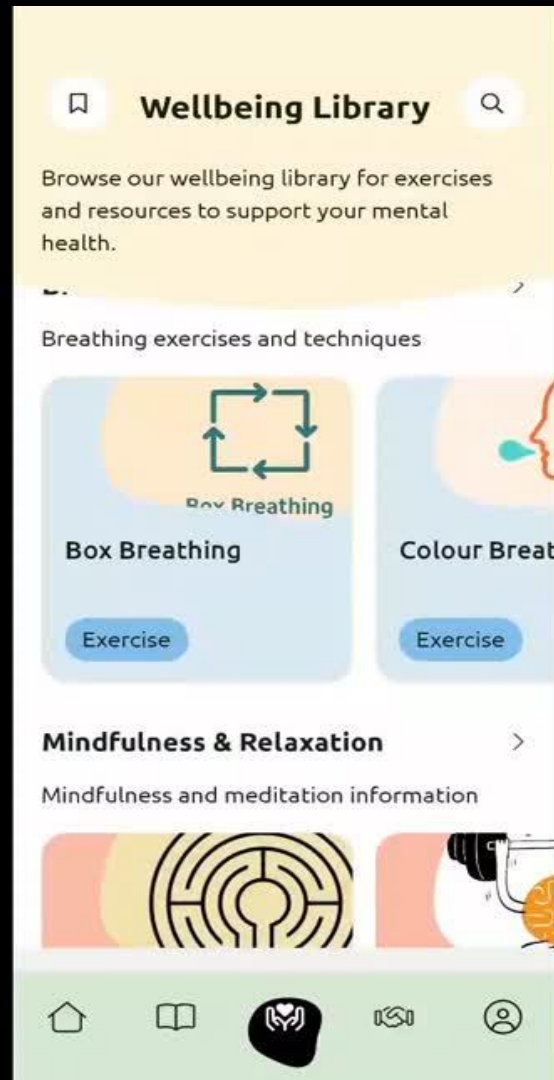
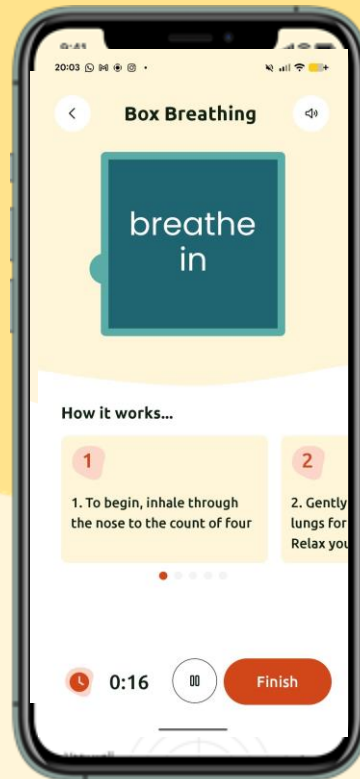
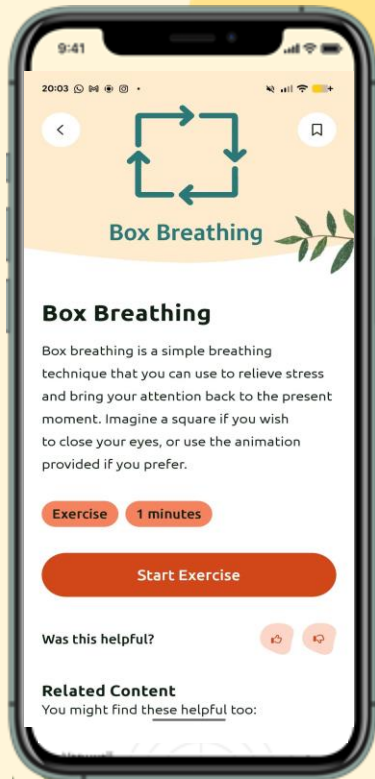
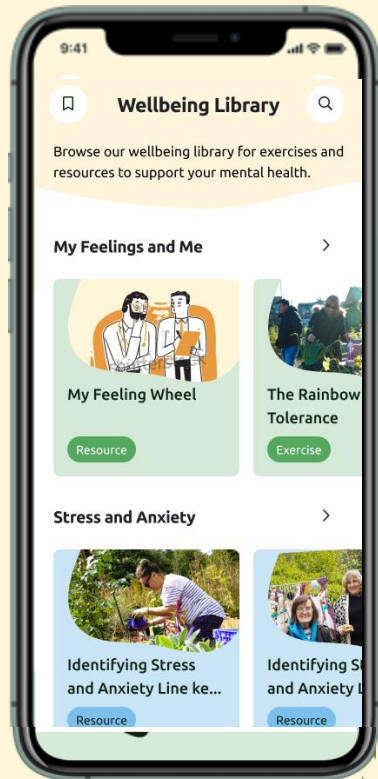
Track your mood and feelings >

Your Plans

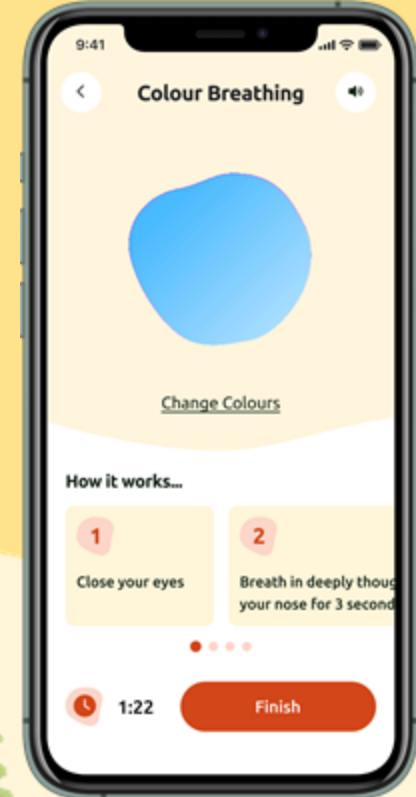
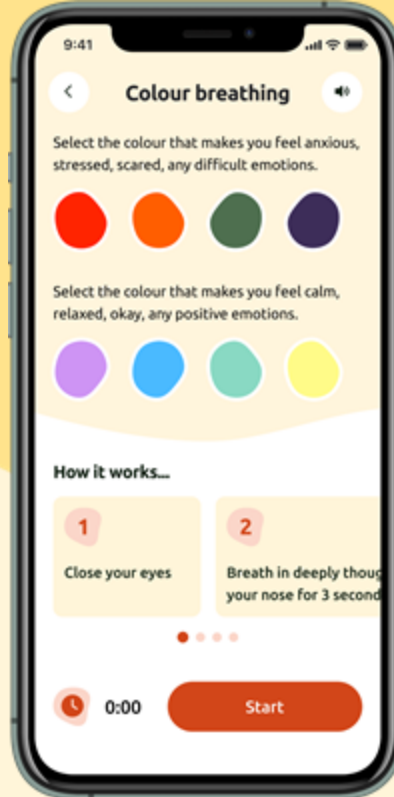
Your personalised support and recovery plans



Wellbeing Library



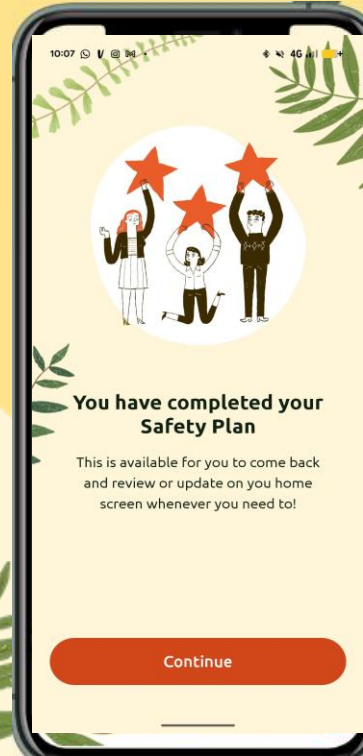
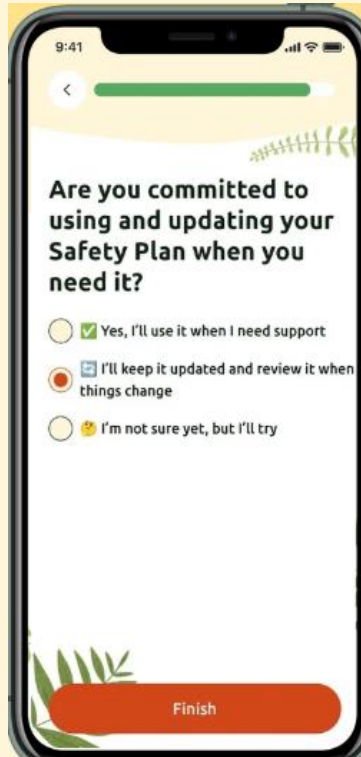
Exercises and Resources



Services



Plans



Assessments and Outcome Monitoring

9:41

< 

Have you had a face-to-face appointment with A GP?

☒ Yes

☐ No

If yes, please add the number of contact and the reason for attending

Enter last name

Continue



Thank you for completing your Service usage

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Vestibulum sit amet justo vitae ipsum lobortis tincidunt sit amet sed turpis. Nunc non lectus ut justo dignissim temp.

Daily Challenge 1 of 3

☒ **Complete Service usage**
Complete a Service usage assessment every 3 months

Finish

Welcome back, Tash

reeling >

today

Complete an Exercise

Try a quick wellbeing exercise or activity >

Add a Journal Entry

Track your mood and feelings >

Your Plans >

Your personalised support and recovery plans



Box Breathing

