

A mental health support team in your pocket



My Team is a new app co-designed by carers, clinicians, counsellors, experts in the field and most importantly, people with lived experience of mental health concerns and their friends and families. It helps you build a team of positive people around you who can give you the support that you need, when you need it. This doesn't mean you necessarily need a huge team offering intensive support. They'll simply be your most trusted family, friends or mentors, perhaps your doctor or allied health professionals, people who've got your back when times get tough.

Sign up today for updates and to be one of the first to know when My Team goes live.

For more information check out www.redcross.org.au/myteam

