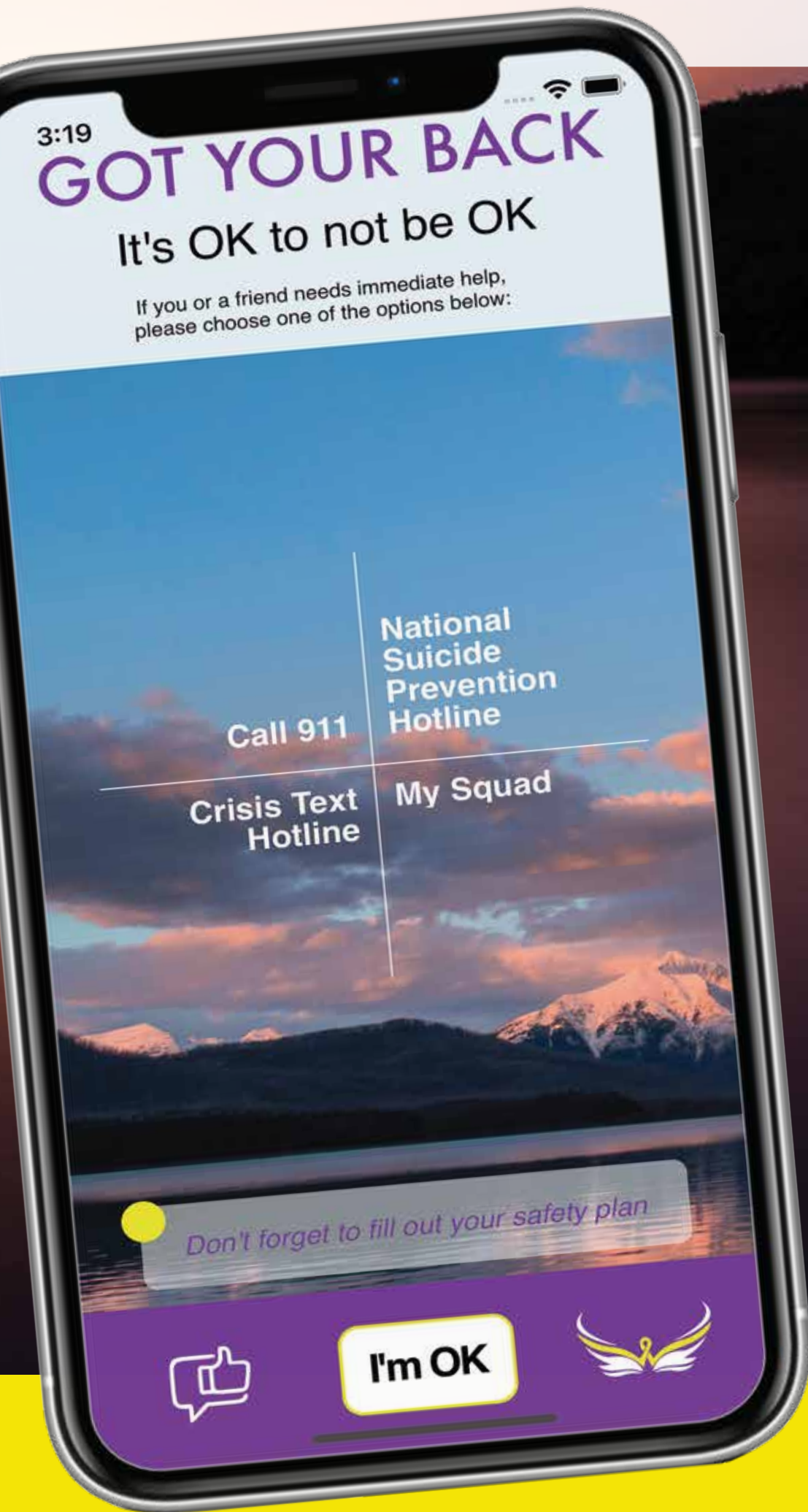


Got Your Back

It's ok to not be ok

A mental health app that gives you the tools to battle depression at your fingertips.



Connect with Help 24/7
Talk or Text professionals to help you through your situation.

Personalize your Help
Enter your own personalized contacts, support team and plan.

Activities and Resources
Activities to calm your body and mind to help stay focused.

Daily Mood Tracker
To keep a record of how you're feeling, why you're feeling that way and when the feeling started.

Positive Affirmations
These push notifications are a dose of daily encouragement to remind you that even when things are difficult, you have the power to overcome.

#gotyourback
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