

Make yourself a priority

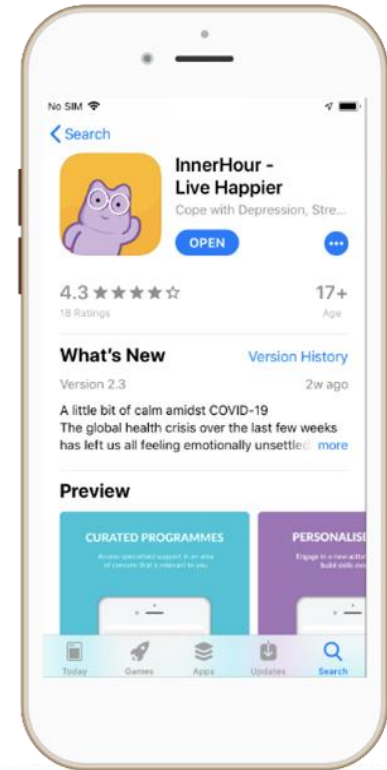
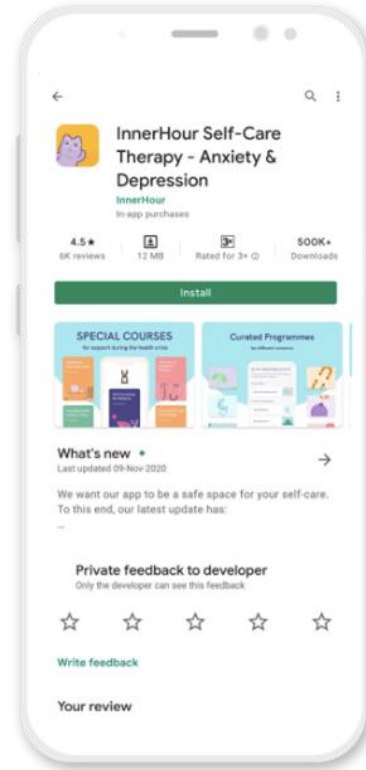
Find time for self-care with [the InnerHour App](#)



Step 1. Download the app

Live a happier life with us!

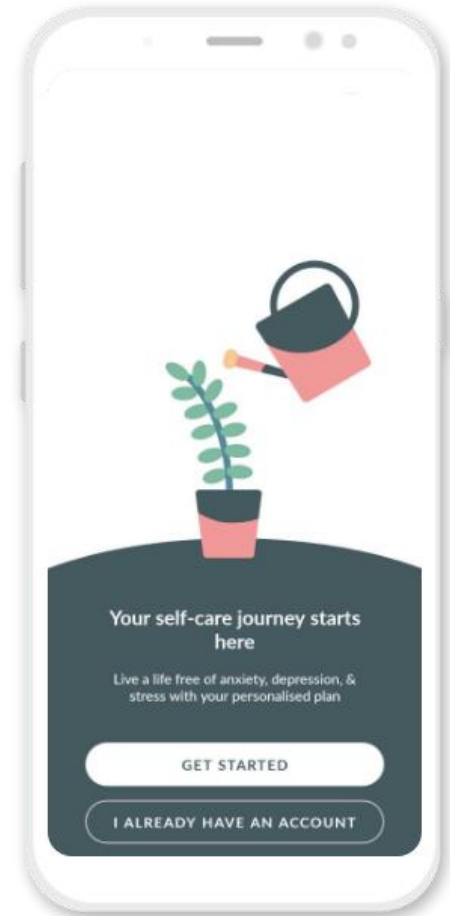
Click on this link to get access to our exclusive offerings for #FirstResponderFirst beneficiaries:
https://innerhour.page.link/pre_frfr



Step 2. Create an account

Now select the 'GET STARTED' option and create your account by entering your details.

You can also use your Google or Facebook account to sign up.



Step 3. Get started

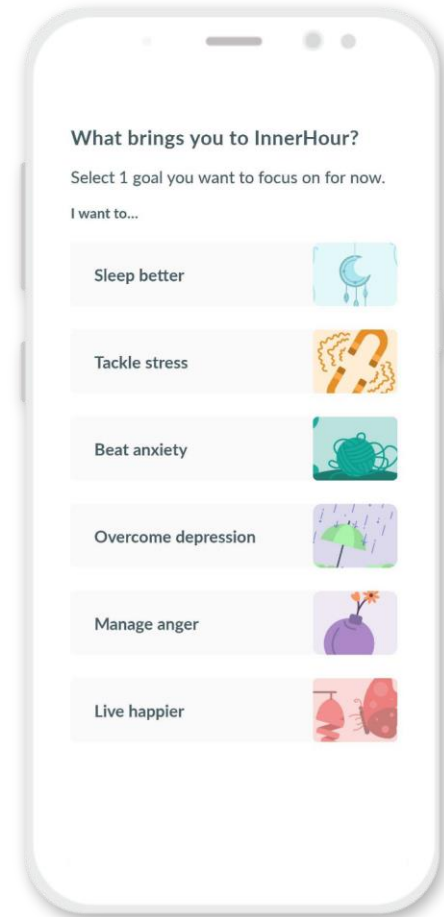
You will then see a screen that will explain the benefits you receive through InnerHour's partnership with #FirstRespondersFirst.



Step 4. Pick an area of concern

Choose a programme to get started that addresses an area of concern for which you would like support.

You can always choose another programme to work on later.



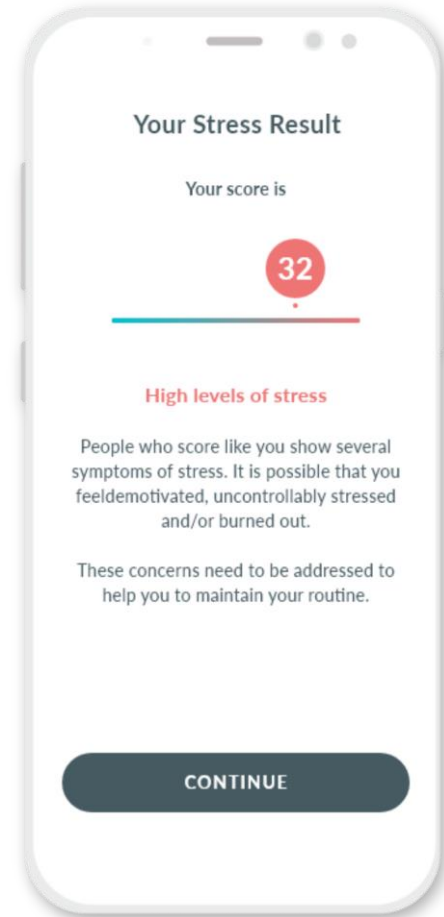
Step 5. Take a quick assessment

The app will ask you a series of questions to better understand how you are doing in your area of concern.



Step 6. View your results

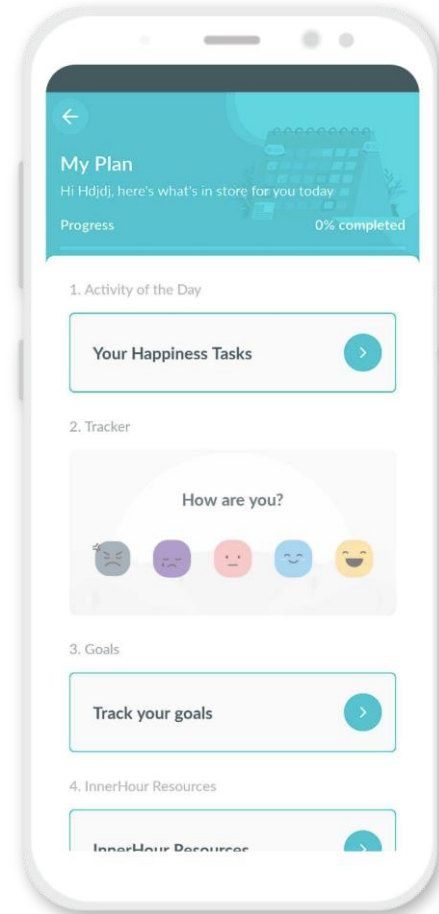
After you complete the assessment, you will get your results. Based on your responses, the app will create a personalised self-care plan for you.



Step 7. Follow your plan

Your personalised plan spans over 4 weeks, and consists of:

- Skill-building activities
- A specialised mood tracker
- A tracker for your goals
- Resources to keep you aware and informed about mental health



Step 8. Explore further

Explore other features on the app to boost your emotional health:

- Health Crisis Support: Specialised courses to cope with the health crisis
- Additional Courses: Shorter courses for specific concerns
- Allie (Relief Chatbot): A chatbot to reach out to when you feel overwhelmed
- Recommended Activities: Guided relaxation activities to help you feel calm

