Hope on Your Phone

Mental Health & You App Brings Resources as Close as the Tip of Your Finger

The Center for Health Care Services has created Mental Health & You (MHU), a full-featured mobile resource informing people about mental illness and providing paths to wellness. MHU brings hope to smartphone users with a mental health ‘university’ of knowledge for people affected by mental illness:

**Direct crisis hotline connection:** every screen in the app has a “Get Help Now” button for quick access to the crisis hotline or 911

**Signs & Symptoms:** information about nine prevalent mental disorders, including a section titled “Should I Be Worried?”

**Resource Center:** an interactive directory of 24 local, regional, and national agencies and organizations that can help

**Did You Know:** a collection to inform and encourage, including:

- **Famous People:** bios of 10 historic figures with diagnosable mental illness
- **Stigma Busters:** three myths debunked
- **Mental Illness in Movies:** reviews of 10 movies that explore aspects of mental disorders (i.e. Benny & Joon, A Beautiful Mind...)
- **Factoids:** statistics and research findings that teach and support action
- **FAQs:** answers to common questions asked by families and friends of people affected by mental illness

**UPDATE**

**Now Available: MHU for Any Service Area**

**Bexar County’s “Mental Health & You” App Provides a Template**

MHU has a Content Management System (CMS) that can be populated with information specific to any service area, so cities, counties, school districts and mental health providers can upload their crisis hotline numbers and local resources to tailor MHU to their residents.

**Expanding MHU’s Reach**

MHU is now available for both iOS and Android mobile platforms.

Download MHU today.
Bring MHU Home with You

Start the Process toward an MHU in Your Area

MHU can be customized with information from any service area. The MHU CMS allows an authorized user to populate the app with appropriate local organizations and agencies, and set a custom crisis hotline number. If you’re interested in bringing MHU to your community, please complete this form and mail it to the address at the bottom of the page.

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| QUESTIONS OR COMMENTS |

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