

It's time to take care of YOU

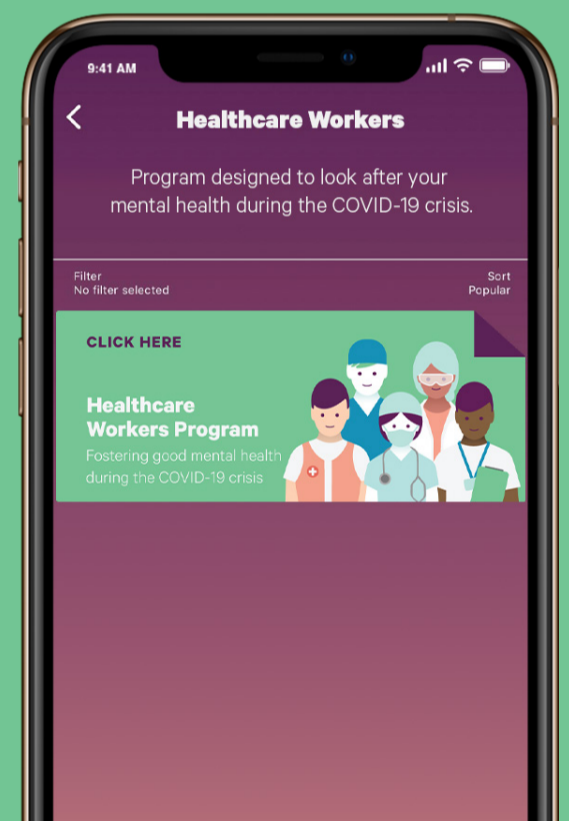


With Smiling Mind's new Healthcare Workers Program

This special program, supported by the Australian Government has been designed to give you the tools and resources to look after your mental health during the COVID-19 crisis.

Try the program today:

- 1 Download the Smiling Mind App
- 2 Go to 'My Programs'
- 3 Select 'All Programs'
- 4 Select 'Healthcare Workers'
- 5 Start your mindfulness journey!



Start taking care of your mental health today.

This program is funded by



Australian Government
Department of Health