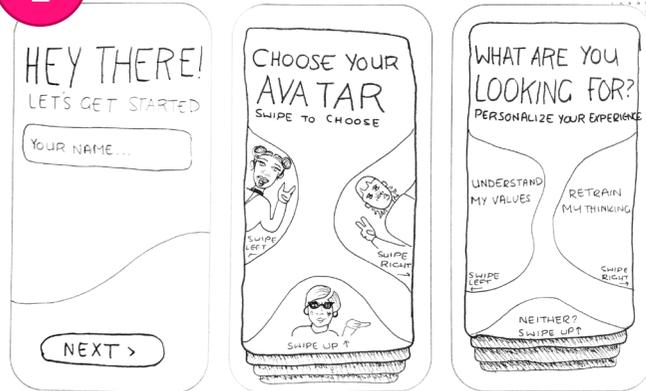
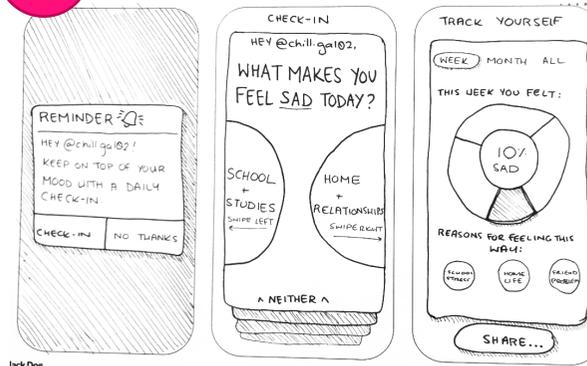


1 Your app your way



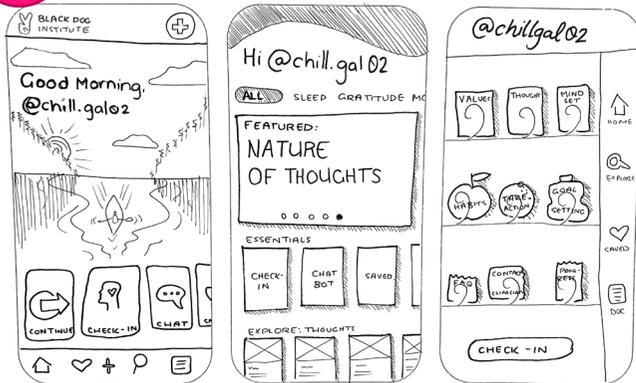
- ✓ Personalise your experience
- ✓ Choose your handle or avatar
- ✓ Select content relevant to you
- ✓ Swipe cards for personalisation questions

2 Your mood over time



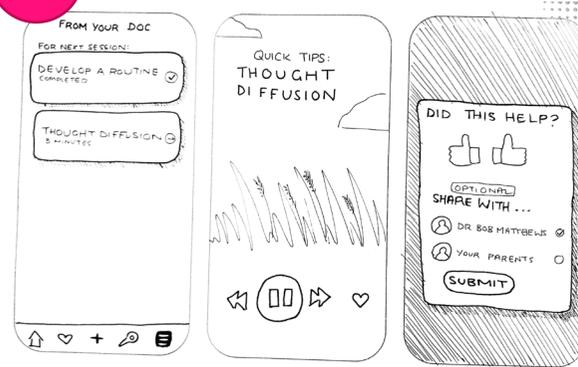
- ✓ Set reminders to check in
- ✓ Swipe to track your feelings
- ✓ Review your mood dashboard
- ✓ Visualisation of mood tracking

3 Your dashboard



- ✓ Calming home screen with landscape graphics
- ✓ Customise your home screen
- ✓ Access featured content
- ✓ Select from bite size topics

4 Your progress tracker



- ✓ Access your program
- ✓ Listen to content
- ✓ Share feedback and progress with a clinician
- ✓ Audio players with auto-play

5 Chat to buddy



- ✓ Chatbots where user can message a 'friendly' character
- ✓ Chat anonymously about challenges
- ✓ Buddy can connect to a professional

Supplementary Material 4. Concept sketches

6 Explore and discover



- ✓ Explore topics relevant to your feelings
- ✓ View stories & challenges shared from others
- ✓ Automatically move through episodes
- ✓ Video content

7 Find an answer



- ✓ Ask any burning questions
- ✓ Doc will respond with advice backed by science
- ✓ Weekly Live Q&A sessions