



Start your mental fitness journey.

MyMindPal is a mental fitness app that helps every day people to stress less and enjoy life more.

Follow these simple steps:

- **1.** Go to the App Store (Apple) or Play Store (Android) and search for MyMindPal.
- 2. Install the app.
- 3. Once installed, open the app and follow the in-app setup instructions to register and create your account.
- 4. Enter your access code BHEA2SFP.
- 5. Begin your first mental fitness workout.

MyMindPal Welcome back Keep an eye on your progress below. Activity Gauge Stay in the green My Activity Where's your head at? Take our short quiz Retest in 30 days

Favourite Exercise Easy access, anytime

View favourite

MyMindPal is provided through our partner BHSF.