



# Need some help managing your mood?

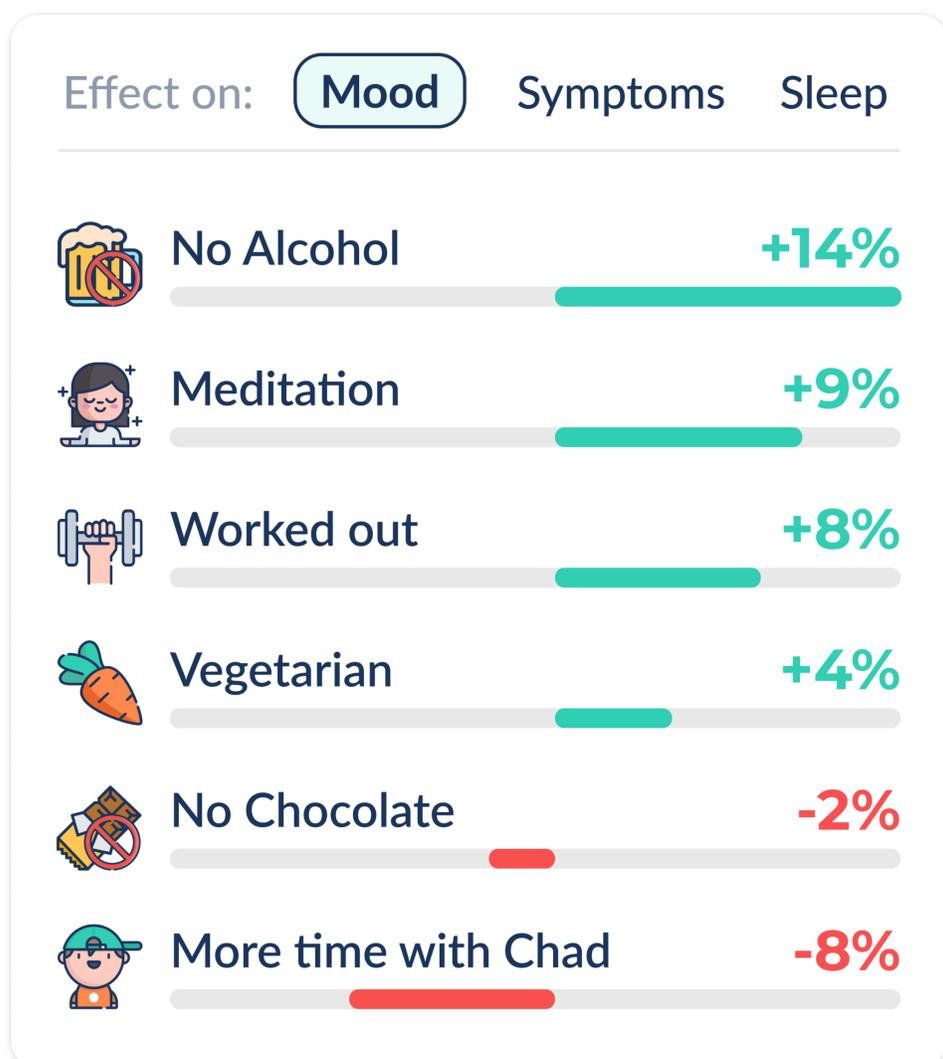
When your mood begins to impact your ability to work or socialise in the way you'd like, feeling in control of your mental health can feel impossible.

Based on our own experiences with mental health conditions and feedback from thousands of people with Bipolar Disorder, BPD, Anxiety, PTSD and Depression - **we've created tools to help people to:**

1. Identify & manage mood triggers
2. Monitor changes in mood levels
3. Communicate with their therapist & doctor
4. Adhere to mood & mental health medication
5. Identify effective mood management habits
6. Understand the impact of meds and lifestyle changes

As a result, more than three quarters of the Bearable community report that they feel more in control of their health and over 90% feel they have a better understanding of their health.

Don't just take our word for it though. In the US, we've become the #1 *Mood & Symptom Tracker* on the Play Store because of the positive experiences of thousands of people managing their mood and mental health with Bearable.



*"Really helpful as we're on an adhd discovery journey with my daughter. helps to keep track of what factors lead to good mood regulation. love the analysis it provides." - Maggie Burke*

*"For anyone suffering any sort of mental wellbeing issues, THIS is the app you need. This is the only mood/health capturing app so far that has made it easy for me to use it consistently. Finally, I am able to track and identify any triggers for mood fluctuations." - Brenna Rong*

*"I have bipolar disorder and PTSD. This app allows me to really see what my triggers are and helps me to try different tools and behaviors in order to deal with my illnesses with an informed outlook." - Melissa Graham*

You can also use most of Bearable's features for free. To protect Bearable users, we don't show ads or sell data. We do have an optional subscription with a 7-day free trial but we frequently discount this by up to 76%. For people unable to afford Bearable, we also have a sponsorship program that gifts subscriptions for free every month.

To learn more, visit [www.bearable.app](http://www.bearable.app)