Know where to get help before you need it

Almost half of all people who experience mental health difficulties report never asking for help because of not knowing where to go or whom to ask for help.

MyHealthMagazine
Phone App

Download the MyHealth Magazine Phone App to know where to get help before you need it. Use the free app to access more than 200 helplines from across North America, check your stress, screen for common mental health problems, and find balance with biweekly tips to improve your physical and mental health.

Content for the app is developed by experts at MyHealth Magazine, an interactive health and wellness program for students and educators located at the University of Ottawa.

The MyHealth Magazine Phone App is currently available for Android and the iPhone. To download the app, search “MyHealth Magazine” on Google Play or the iPhone App Store. Educators can also download a companion teacher guide and student worksheet to learn more about using the app to explore a range of health topics with students, including stress, bullying, seeking help, and more.

Get Started

Follow these easy steps to start using the MyHealth Magazine Phone App:

Step 1: Download the MyHealth Magazine phone app. The phone app is currently available for Android and iPhones. Search “MyHealth Magazine” on Google Play or the Apple App Store.

Step 2: Click play on the main screen. When you click on the play button, the phone app downloads new tips, did-you-knows, and quizzes. It also updates the helpline phone directory.

Step 3: Register your email address. Registering your email allows you to participate in raffles, which are held every couple weeks.

App Features

Phone Directory:
Tap this icon for a list of 200 helplines across Canada and the United States.

Do I have it?
Use our gold standard screening tools to help you decide when to seek help.

POP Quiz:
Test your knowledge on a number of topics in health and mental health.

Stress Check:
Use our stress questionnaire to monitor and track your stress over time.

What to do when:
Use our practical guidelines to know what to do when things go wrong.

Anonymous Q&A:
We post selected answers to questions on health and mental health each week.

Try this:
Great tips on how to boost self-worth, improve your diet and be more active.

Please visit www.myhealthmagazine.net for more information on how to download posters, access online learning modules and more.