

# MNLCT Community of Care App

## Your Gateway to Community and Healthy Mental Well-being

Looking for wellness support, social connection, and growth?  
Download the MNLCT Community of Care app to join a 24/7 digital community for learning, sharing, reflection, and action.

Keep track of your wellness levels through self-assessments

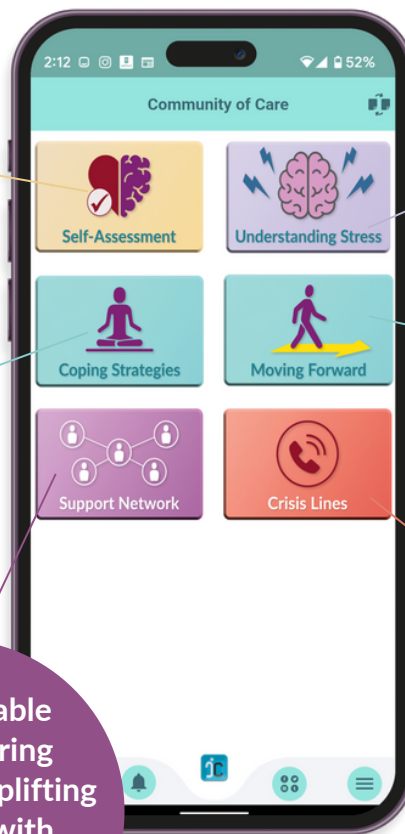
Learn how stress affects your brain and body

Practice coping strategies through exercises and videos to help improve your mental well-being

Record your goals and track your progress

Share valuable links, inspiring stories, and uplifting outcomes with peers in your community

Access to crisis lines for urgent needs



In partnership with

