

# MENTOR 360

Finding your formula

Welcome to MENTOR360

**How to get started**

**NHS**

# Your Pocket Life Coach

Wrapped up in an app

Get help for the everyday struggles that we all face. Designed for you, in collaboration with the NHS



## What is MENTOR360

MENTOR360 is an App that focuses on Mental fitness, holistic wellbeing, mindfulness and performance. Our content has been composed by leading psychologists and health care professionals. They have created bespoke formulas, habits and guides which will improve users mental health, self-awareness and leads them to actionable outcomes.

MENTOR360 is a safe space for all, free from judgement and discrimination.

## What does it do and why?

It's easy to sometimes forget who you are, to recognise what you might be feeling, how you are thinking or even what motivated you to act a certain way. Building your mental fitness starts by getting to know yourself again, it can take time and may require a helping hand. This is why we are here.

MENTOR360 helps you become more self-aware, understanding who you are and why you feel the way you do. I guess you can call us your 'pocket life coach' mentoring you on a journey to finding your formula and build your mental fitness stronger than ever before.

Through forming new habits, becoming more self-aware, and setting actionable outcomes; you will be performing better with inner confidence, coping with life's stresses.

Designed for



North Central London  
Integrated Care System 

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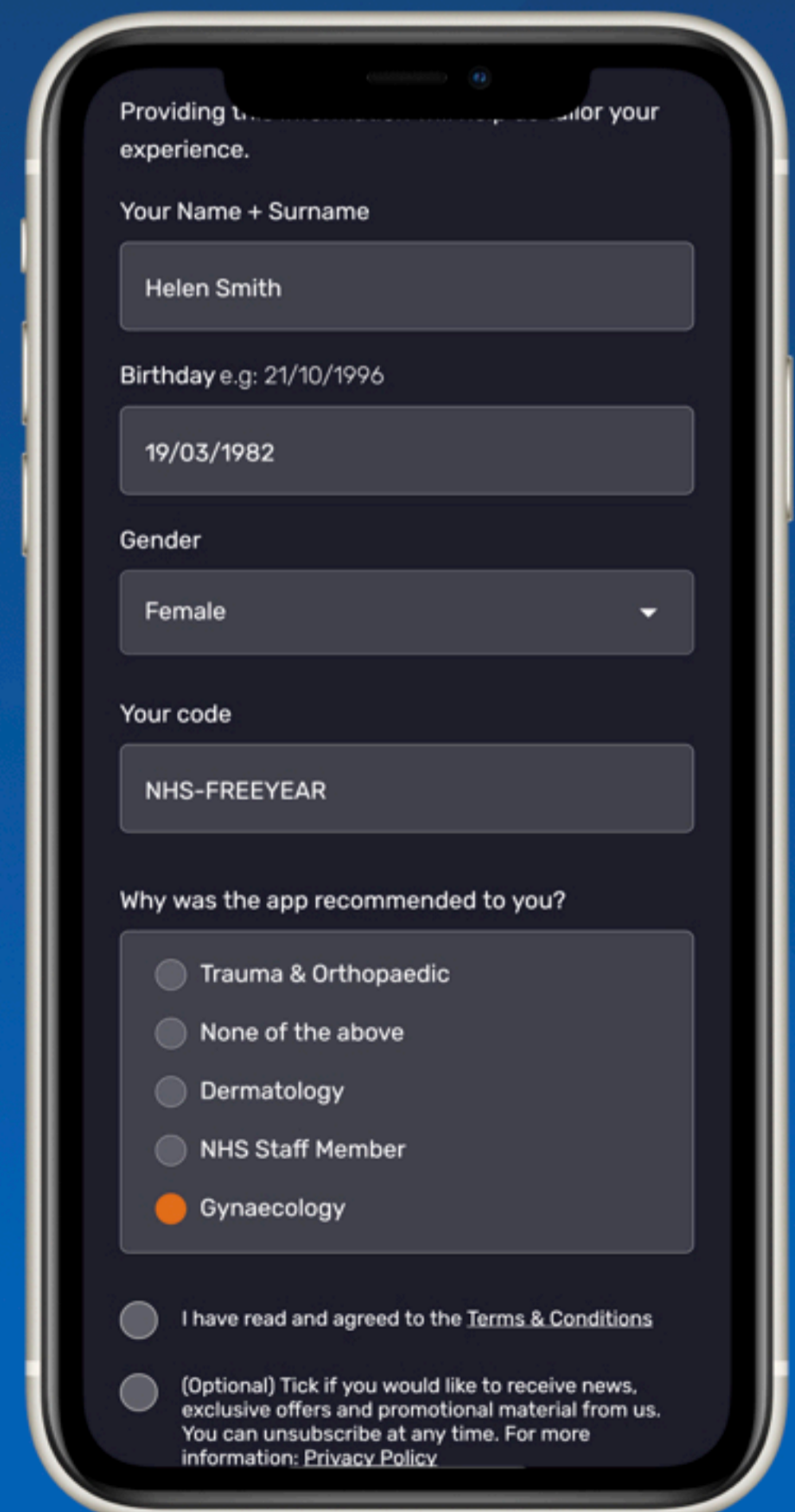
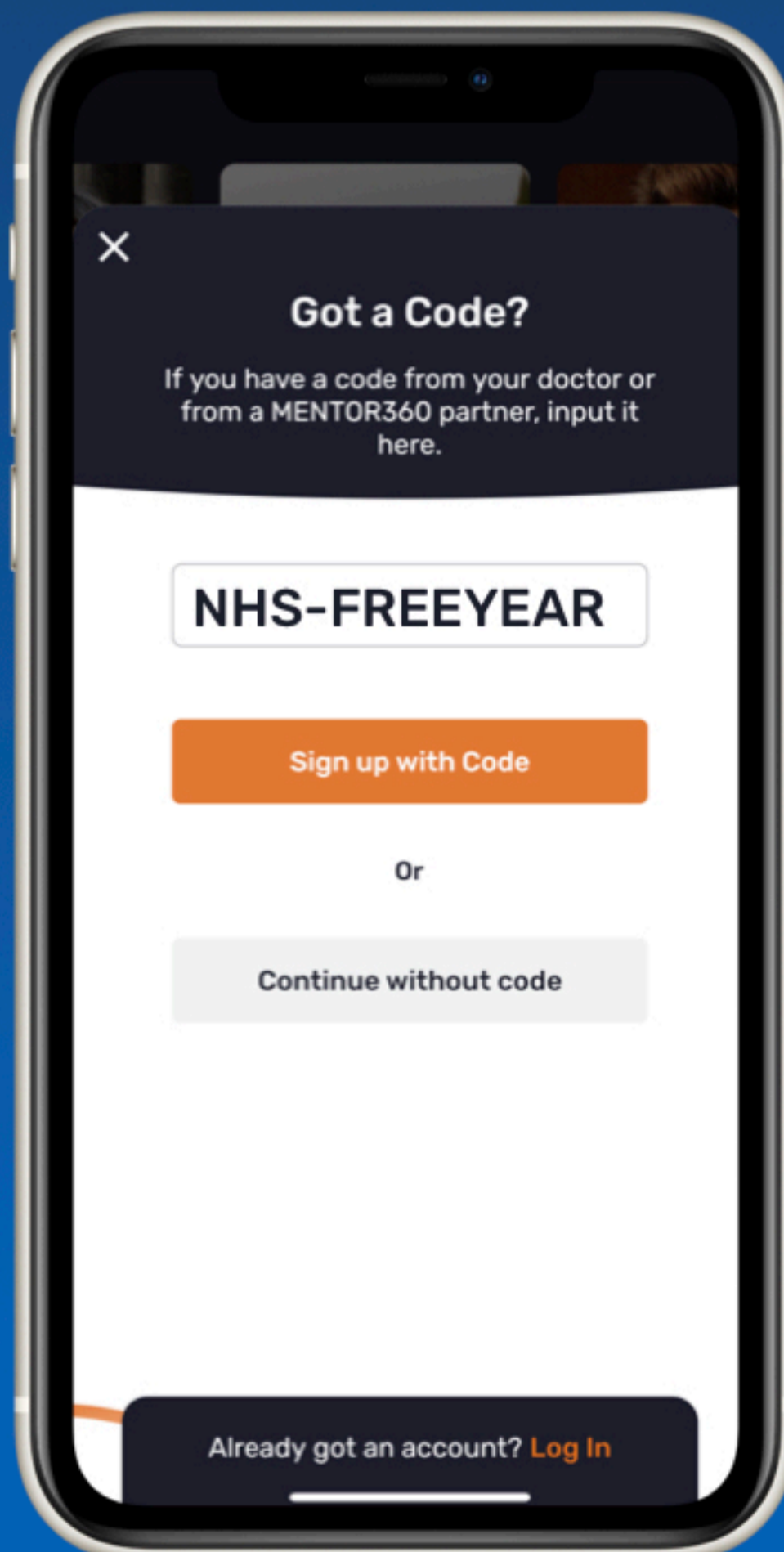
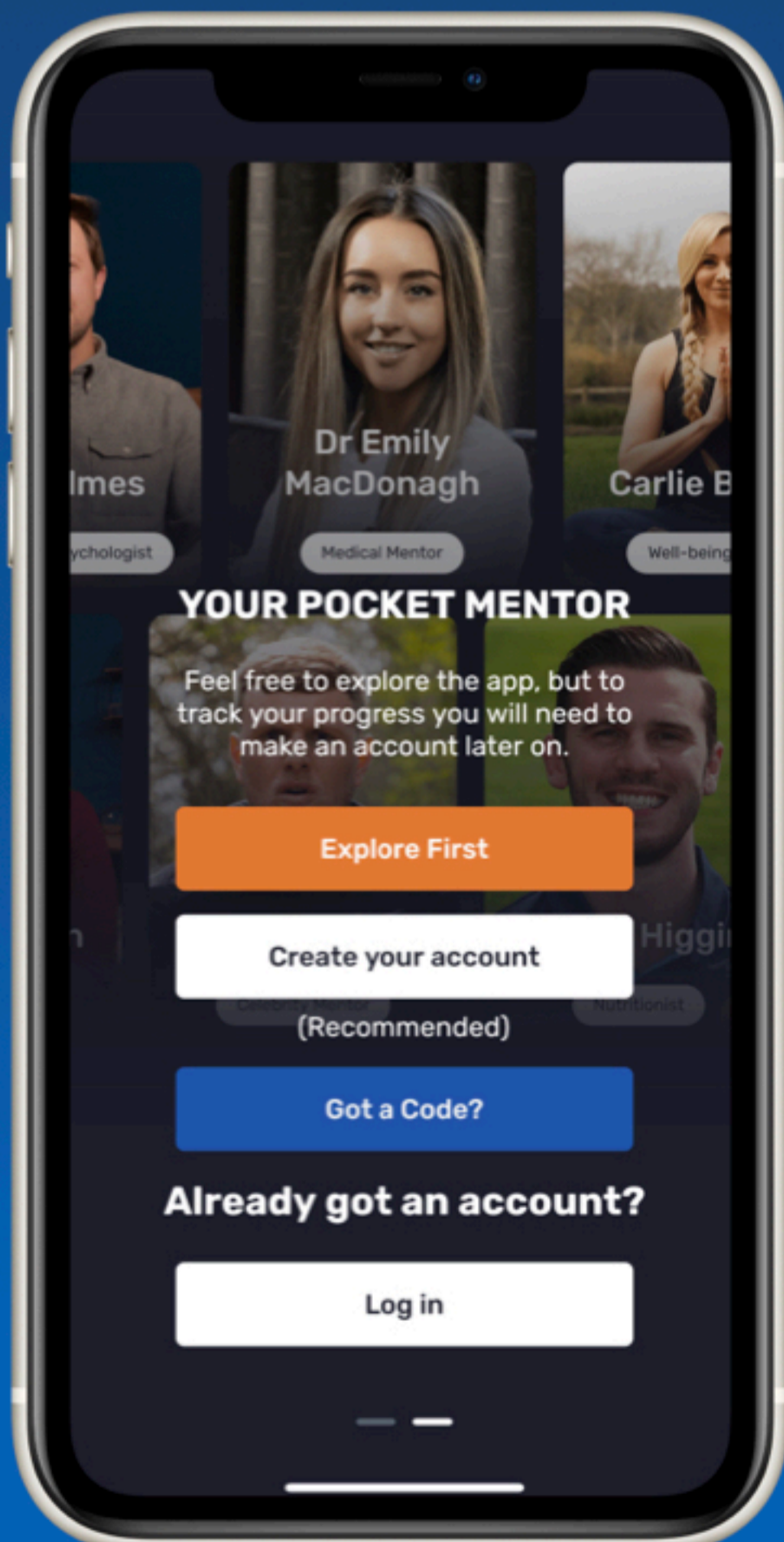
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## Install the App

Head to the App Store on your smartphone (iOS or Android) and search for 'MENTOR360'. You can install the app from there.

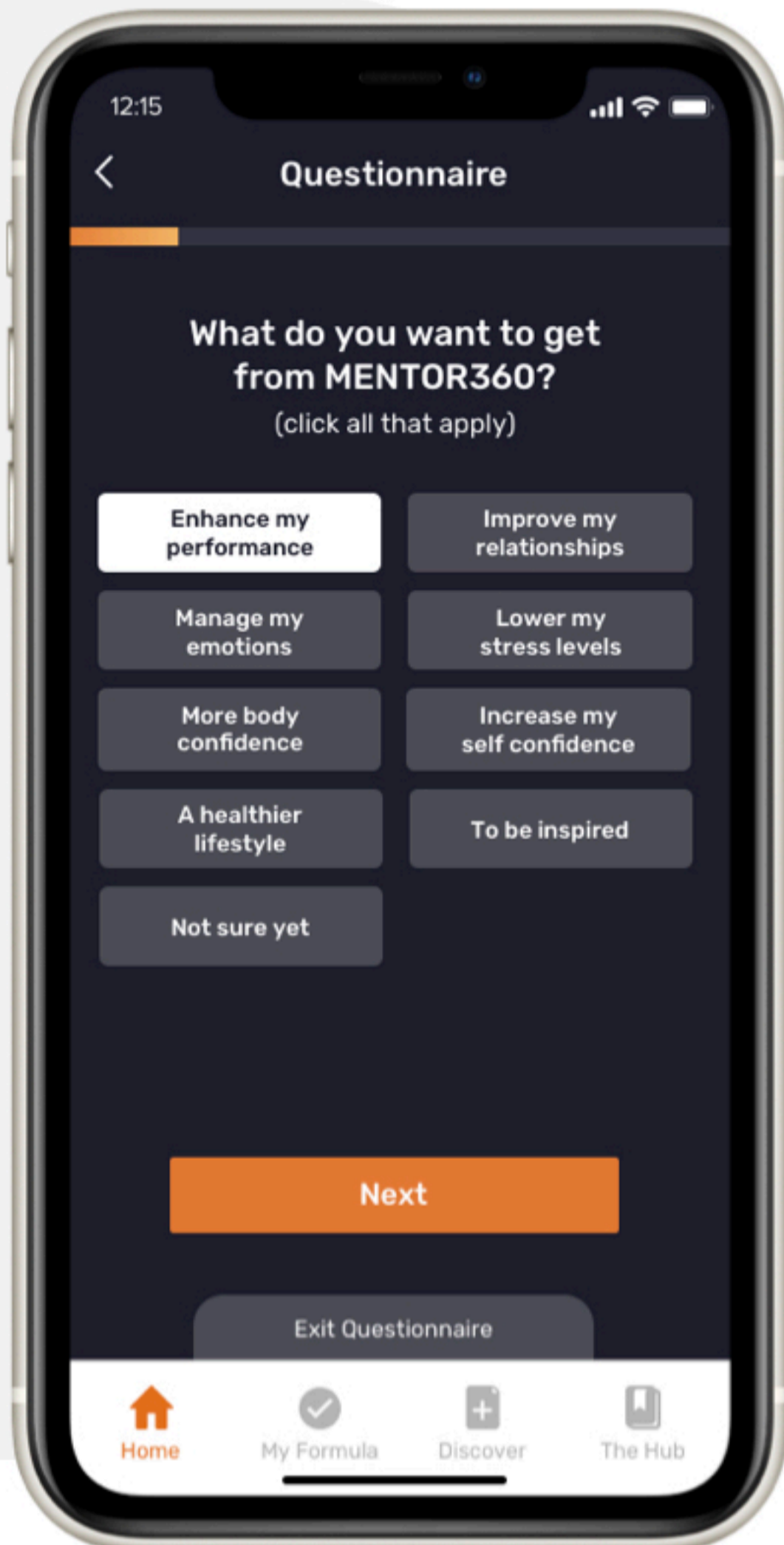
Use code: **NHS-FREEYEAR**

If you already have an account, go to your account page and find the 'Got a Code?' section.



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## Let's get you started



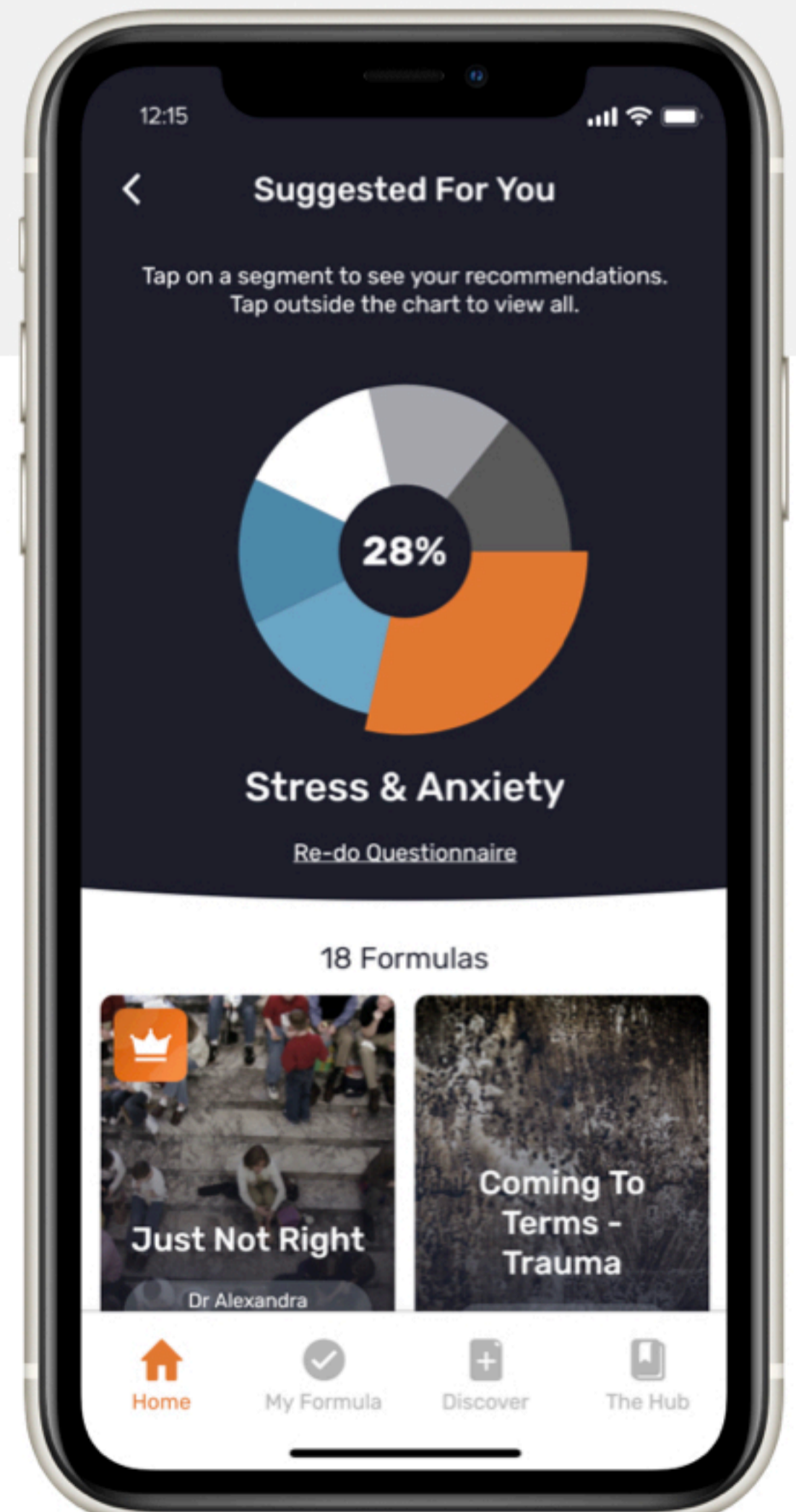
It is important you accept the privacy policy pop-up

### 01. Questionnaire

Once you have logged in you will need to answer the questionnaire: It is important to complete the questions honestly – as it will lead you to formulas that suit your individual needs.

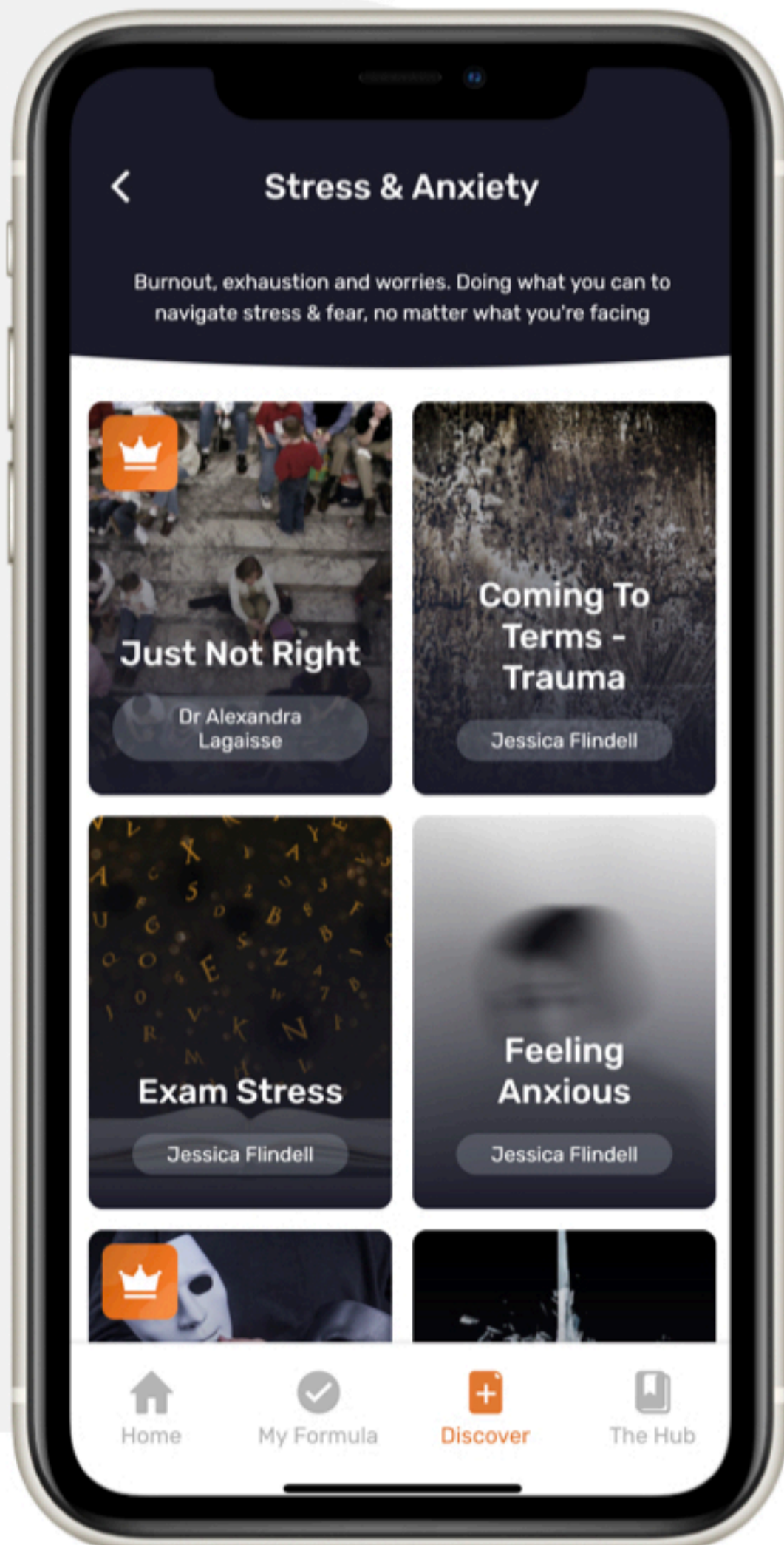
### 02. Suggested for you

You will then see a pie chart. The pie chart will show you areas we recommend you need to work on. Take time to click on each section and explore what YOU want to work on first.



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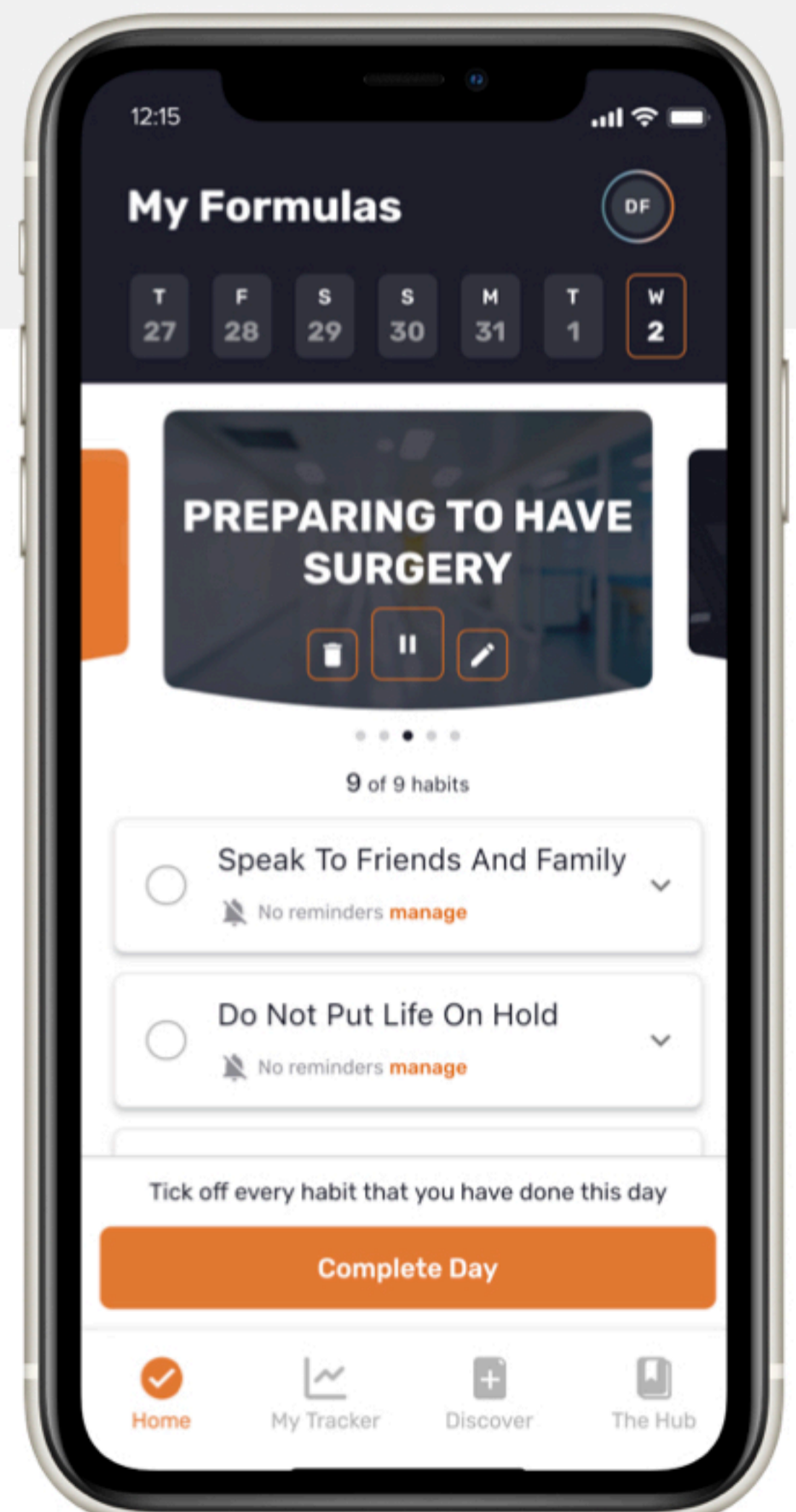
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## 03. Formulas

Scroll through all the formulas MENTOR360 has to offer, whether you're looking for motivation or coping mechanisms, there's a formula for you.

If you work with the app, it will help you work towards actionable outcomes.



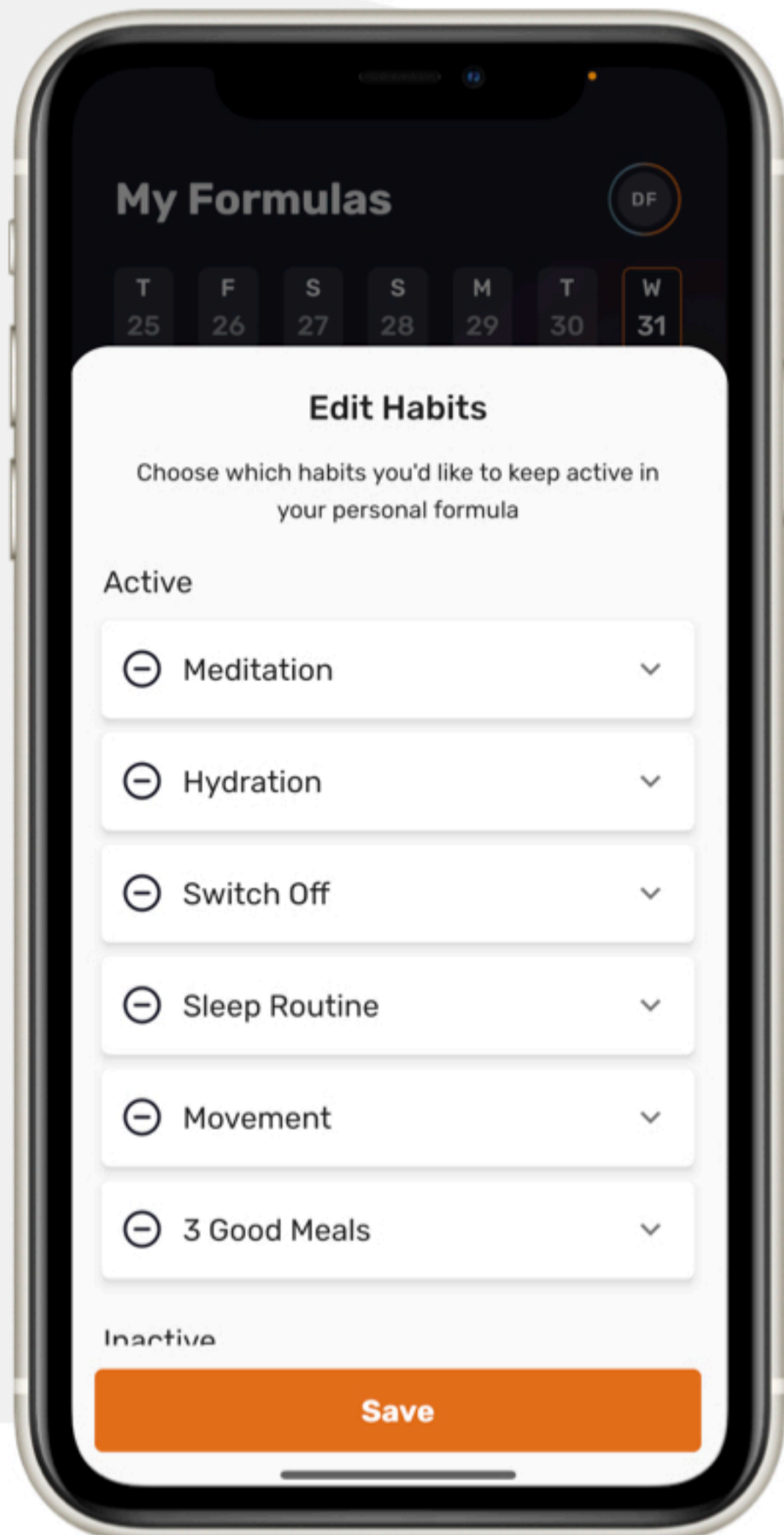
## 04. Habits

Once you decide to start a formula you will be presented with habits.

Some habits will dictate that you complete an action – others are designed to be far more thought provoking – take time to find out what works best for you.

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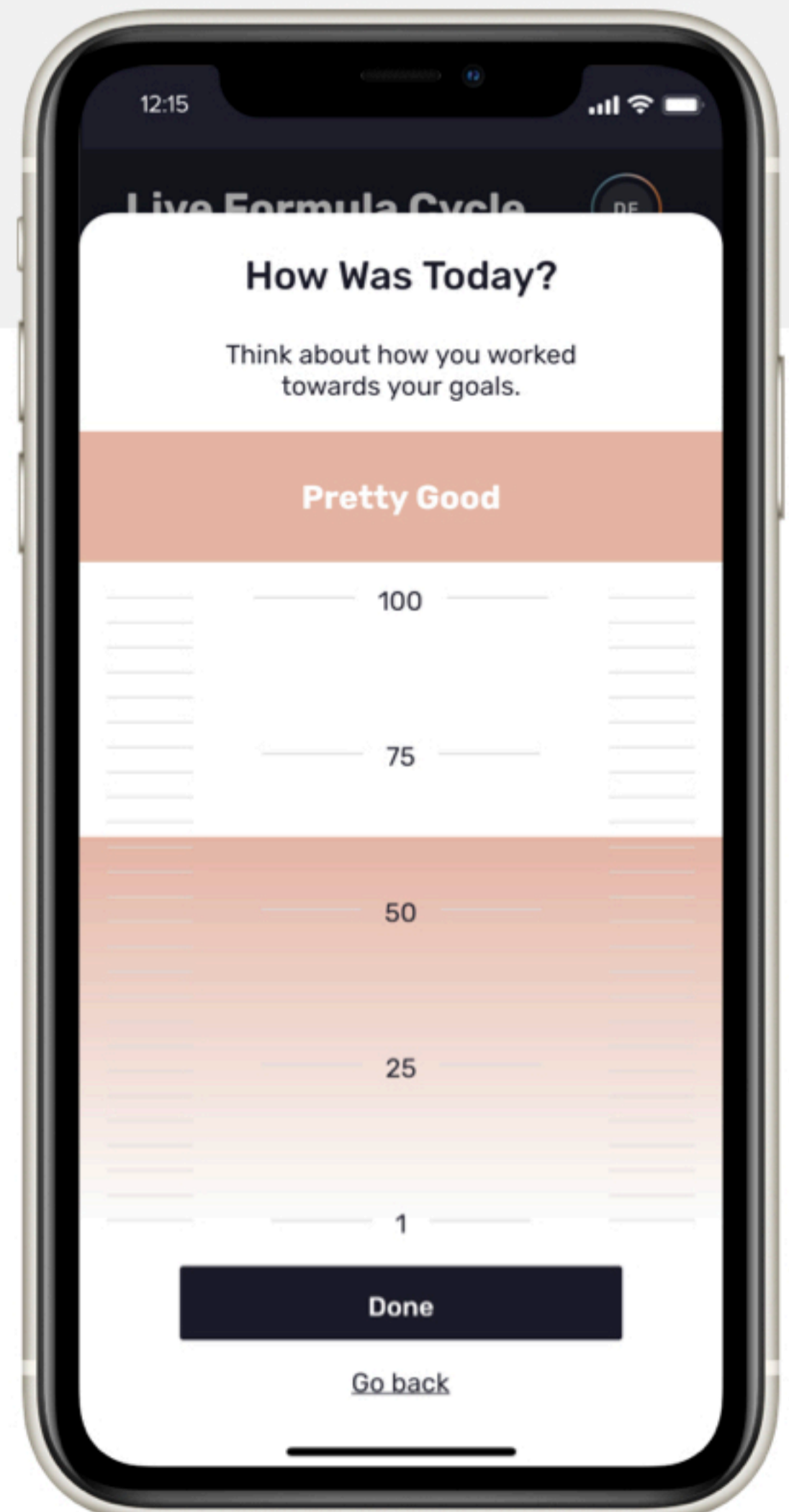
## 05. Customise

You can add multiple formulas, and customise which habits you follow and which to keep inactive. We recommend you keep your active formulas at a max of 12-15.

All habits have been written by our experts - they have been designed to be achievable but not overwhelming. If you like the formula, try and stick at it, it will make a difference.

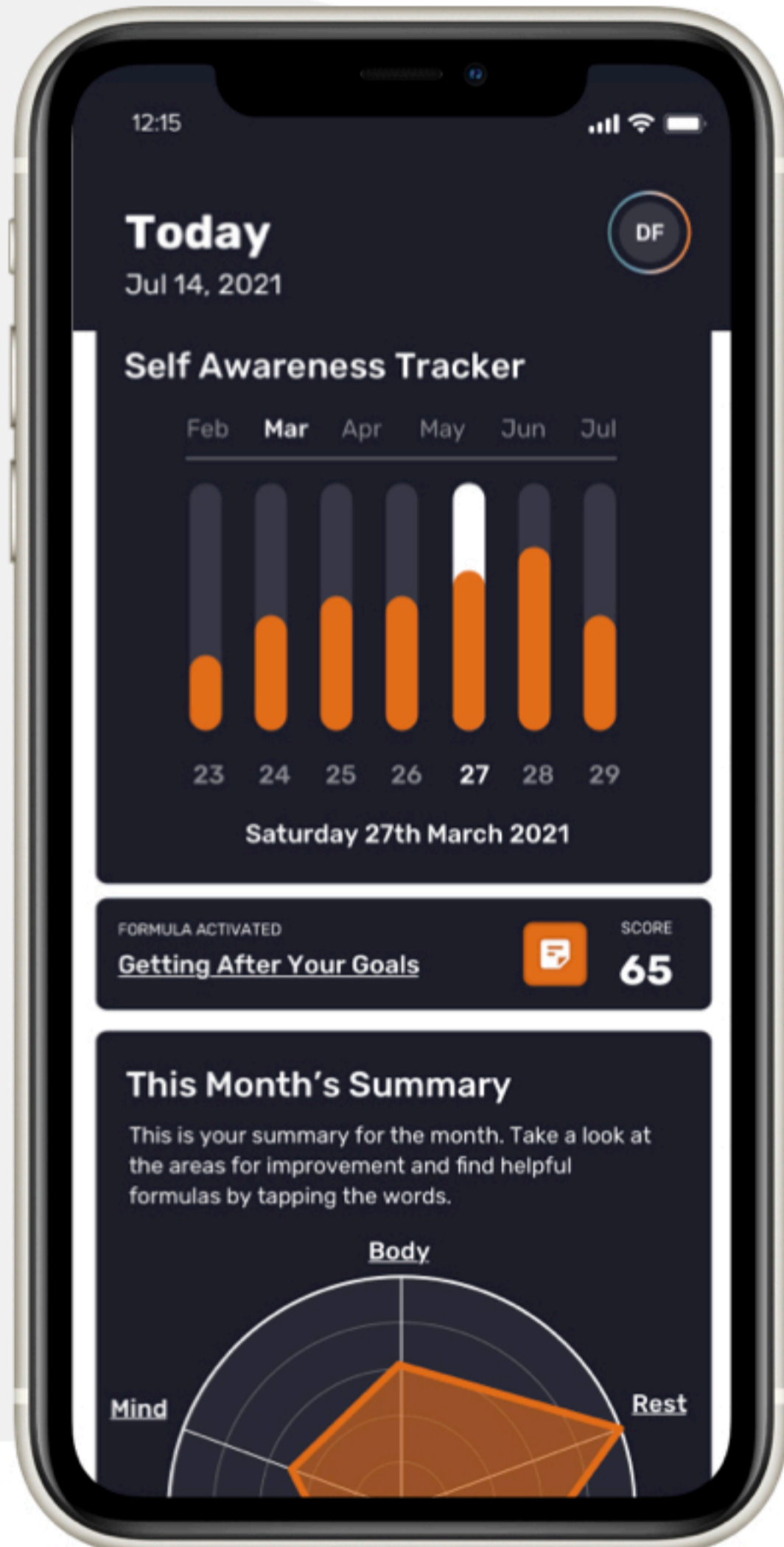
## 06. Complete your day

It's really important to complete your day whether you are working on a formula or not. This is the start of your journey to become more self-aware.



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## 07. Self Awareness Tracker

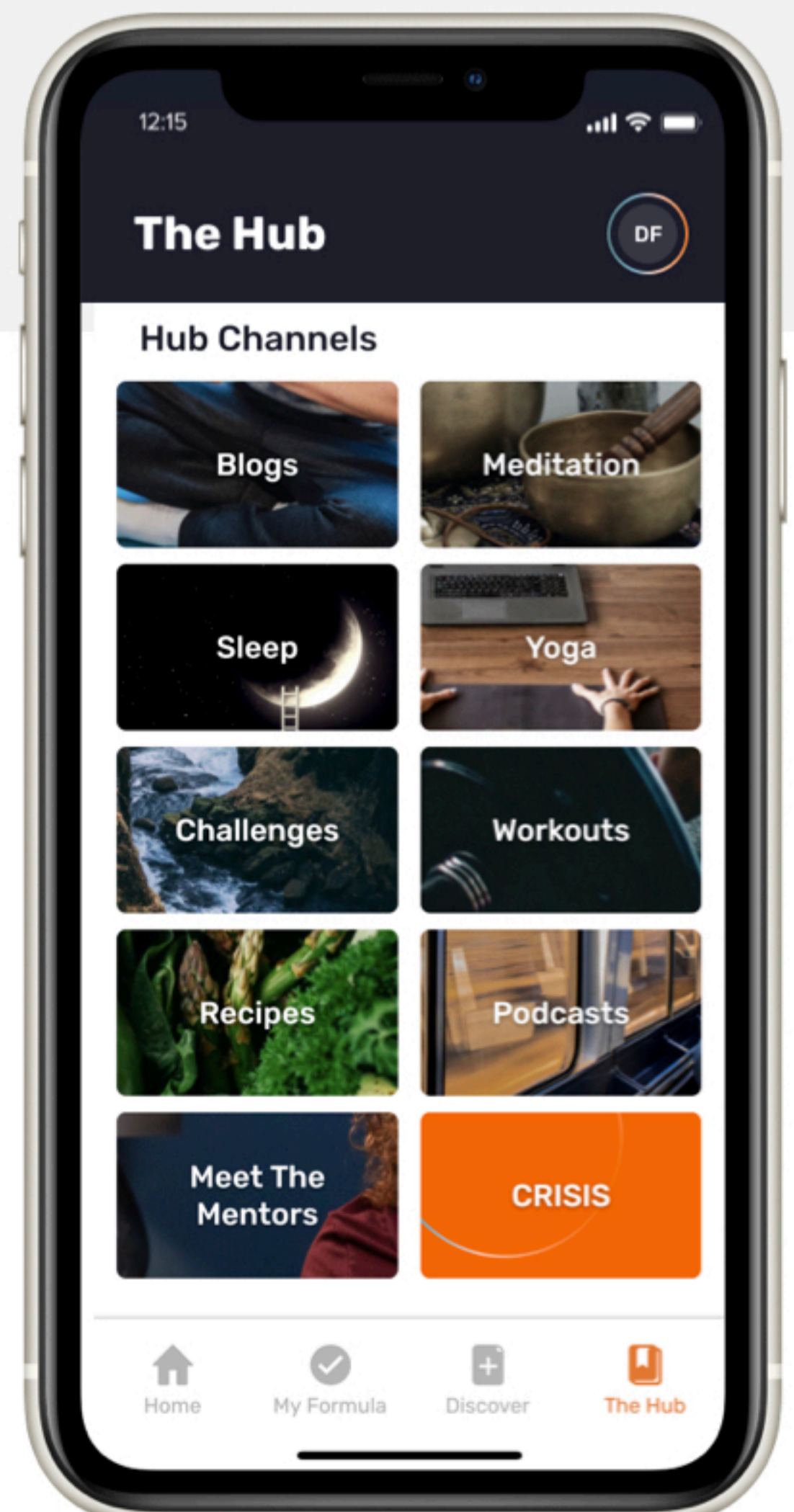
The best way to review your self-awareness tracker is to look at your scores, review your daily notes (if you have made notes) and cross reference with the monthly review.

This will then allow you to work on things you may or may not have been aware of.

## 08. The Hub

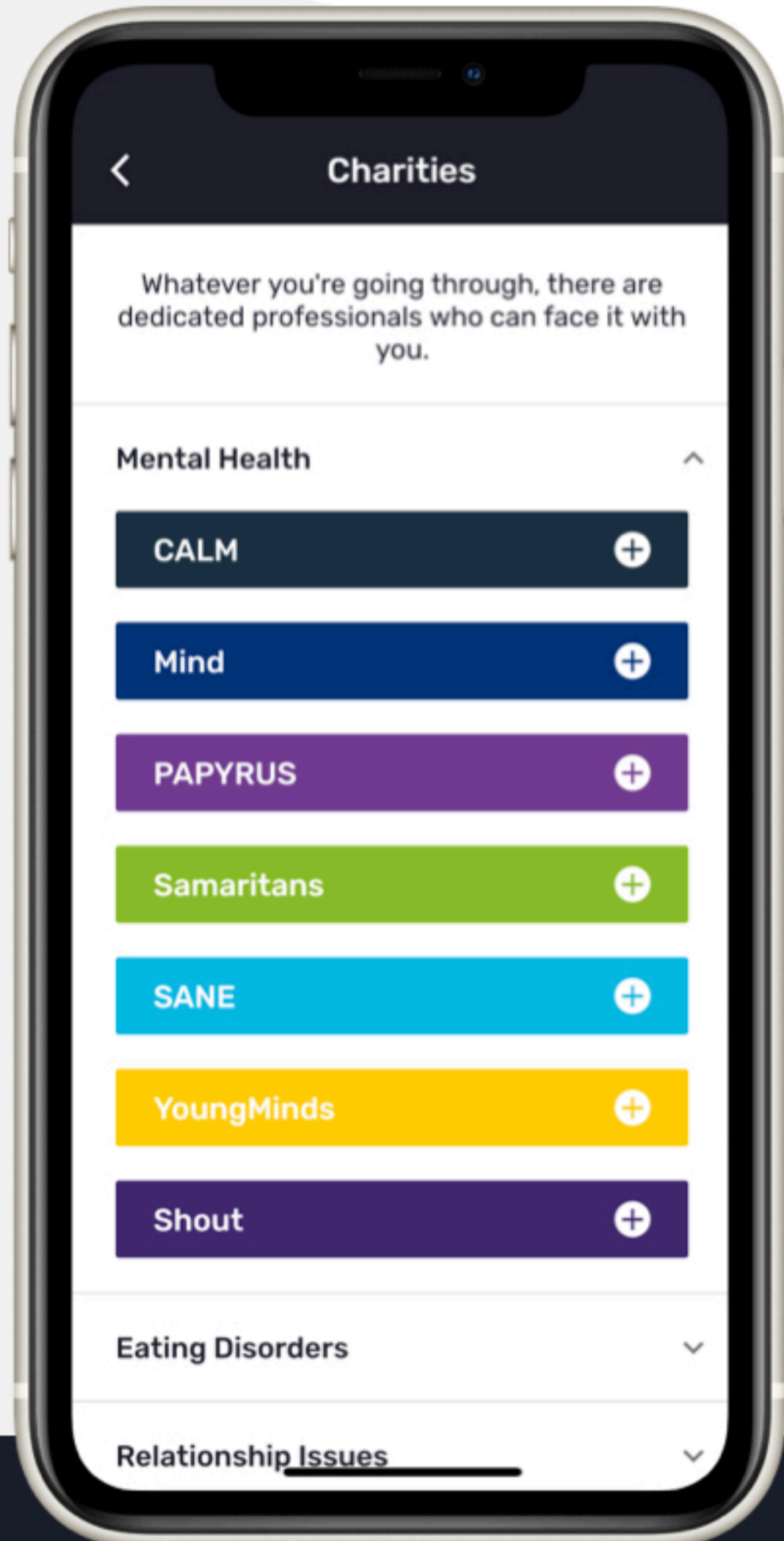
Explore the Hub. It is full of lifestyle advice, workouts, recipes and much more. It will complement your formulas.

And, If you need it, also find advice from professional mentors in the crisis tab.



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## 09. Charity Resources

In addition, if you need it you will find a link to relevant charities in your profile page.

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**We would love to hear  
your feedback.**

Have a say in the app's content and development and help us on this journey to develop and to create your ultimate pocket mentor!

Email us at [info@mentor360.com](mailto:info@mentor360.com)

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