



# A Mental Wellness & Crisis Prevention Tool

[www.myfave5.org](http://www.myfave5.org)



**MY FAVE FIVE** is a mental wellness/crisis prevention tool in the form of a mobile app, which helps individuals identify, connect, and build relationships with trusted people in their life.

Having a personalized network of support within a mobile app creates an easy way to reach out. Sharing good news and talking through day-to-day challenges with a person you trust will help you reach rational conclusions and develop healthy coping skills.

## Steps to identifying your FAVE FIVE

**Step 1:** Using the relationship matrix, identify all the people who love and care for you – visualize all the people who you have in your life (family, friends, associates, coaches, etc)

**Step 2:** From this list, select 1 to 5 individuals who you feel you can reach out and talk about day-to-day events – sharing good news and discussing challenges

**Step 3:** Scan QR code and download the **MY FAVE FIVE App**

**Step 4:** Set up your account

**Step 5:** When the star comes up, select the “+” and type in the person’s name who you selected to be your FAVE. Using the phone’s existing tools, select how to deliver the invitation - email, text or other form (you need the person’s phone number or email address to send the invitation); the “. . .” shows the request is in process. Once the FAVE accepts, their initials appear in the app.

**Step 6:** Repeat the step above until you have reached your desired number of FAVES

**Step 7:** Use the app to reach out to your FAVES to share good news and discuss day-to-day challenges

