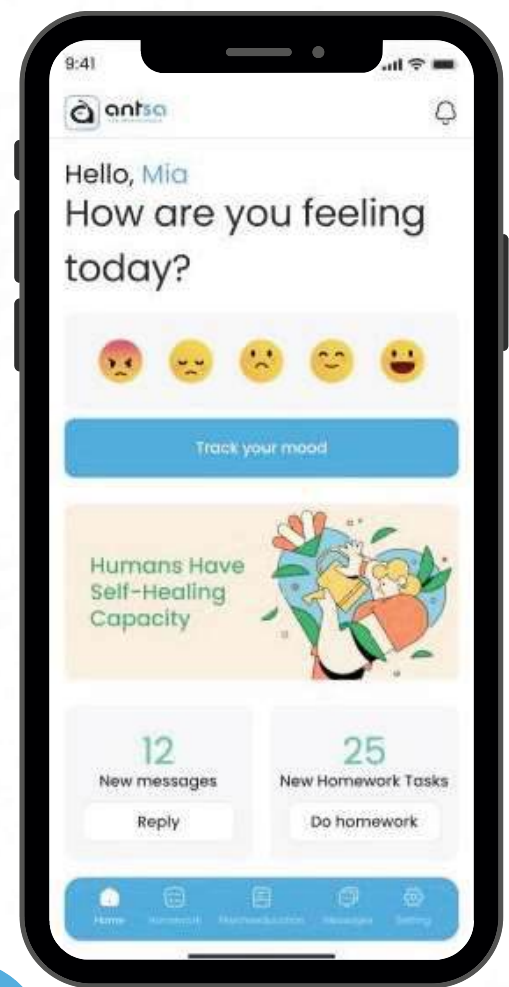




Client Information

Welcome to your holistic mental health companion. AN TSA is designed to support mental well-being across all genders, ages, cultural backgrounds, and life stages, offering innovative strategies and practical tools to help you manage your symptoms between therapy sessions. Working with your therapist, AN TSA enhances positive thinking and empowers you to build beneficial habits, AN TSA guiding you towards a better quality of life.



THE APP'S FEATURES



MOOD TRACKING



HOMEWORK



**IN-APP MESSAGING
DIRECT TO THERAPIST**



PSYCHOEDUCATION



QUESTIONNAIRES



VIDEOS

WE CARE ABOUT CONFIDENTIALITY

At AN TSA, we prioritise privacy, security, and encryption above all else. Our data is encrypted and securely stored on Australian servers that adhere to Australian Privacy Principles. Access to your information is strictly limited to you and your therapist.

If you have any technical or app-related questions you can contact us at help@antsa.com.au



WWW.ANTSA.COM.AU

How-to Guide



1. Download the app

Your practitioner will email you an invitation to join ANTSA. Download "ANTSA for Professionals" from your preferred app store.



2. Sign up

After downloading the app, use the code from the invitation email to join and create your account. Your personal information is visible only to you and your practitioner.



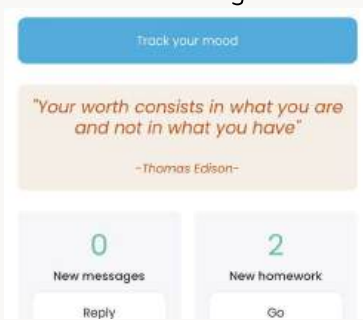
3. Get to know the app

The app offers many features, so take some time to explore and familiarise yourself with them before your next session.



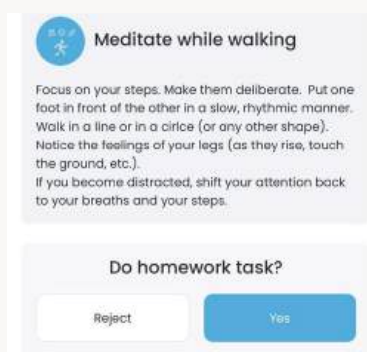
4. Homepage

The homepage features mood tracking visible to both you and your practitioner, showing your progress daily or more frequently if there are changes. It also includes daily inspirational quotes, the number of homework tasks, and any new messages.



5. Homework Tasks

This tab on the bottom takes you to your assigned homework tasks. If you have just joined it is possible that your practitioner will not have assigned you any tasks yet, so this page may be blank initially.



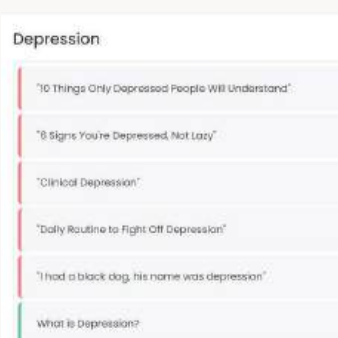
6. Journalling

This is the journalling tab, where your practitioner may assign you journalling tasks. Again, if you have only just joined, this tab may be blank initially.



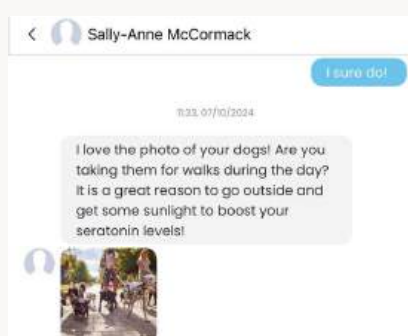
7. Psychoeducation

The psychoeducation tab provides 24/7 access to videos and articles to enhance your understanding of various mental health conditions. This section is regularly updated and does not require tasks to be assigned.



8. Messaging

This tab is for direct messages to your therapist. For immediate responses, it is best to call your therapist as they may not log in regularly. If you have been assigned jAlmee, you can also access it here at any time.



9. Settings

In settings you can adjust your notifications, change your password, and review the privacy policy and terms and conditions. You can also delete your account here if needed.

