

Well-Ahead Study

PARTICIPATE NOW

What is the Well-Ahead Study?

The Well-Ahead project team at Phoenix Australia have developed a mobile app, called Well-Ahead SOLAR for **female ex-serving military and former emergency service members**. This mobile app is designed to improve mental health and wellbeing.

The Well-Ahead SOLAR app teaches evidence-based ways of improving sleep, managing strong emotions, enhancing wellbeing, and coming to terms with difficult experiences.



Why participate?

Participants:

- Will receive a new mobile app for mental health at no cost
- May experience improvements in their mental health
- Will be helping to advance mental health research for veterans and former emergency services workers
- Will be contributing valuable information that may benefit others who have served in the military or as emergency services workers



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