



Continicare: Your daily partner for mental and emotional health

Continicare Partners is a simple self-service program that helps you understand yourself better and gives you the tools to feel supported every day.

Instead of guesswork, the Partners platform helps you see what's really going on — your strengths, challenges, and the thought patterns that may be making life harder.

From there, it offers personalized daily support designed just for you.

To Start you'll complete three (3) self-assessments

- Your Strengths & Support
- Your Mental Health & Wellbeing
- Your Personality & Style

These answers create a personal profile — your Cognitive-Motivational Map — that highlights what you're going through and what will help most.

Based on Your Results, You'll Receive:

- A Summary Handout — explains your key areas in plain language.
- A set of personalized daily exercises — quick, simple steps to start feeling better.
- Ongoing daily coaching and reminders to keep you on track.

Daily Support – Your Teacher and Coach

Every day, the Partners gives you:

Learning (Teaching)

- Clear explanations about your conditions, so you feel understood.
- Insights into unhelpful thought patterns — and how to catch them.
- Step-by-step guides for coping skills and exercises.

Encouragement (Coaching)

- Gentle reminders to practice your coping strategies.
- Prompts to notice unhelpful thoughts and reframe them.
- Encouragement to do enjoyable, meaningful activities.
- Quick daily check-ins on your mood and energy.



Your Progress Dashboard

Everything you do is tracked in your personal dashboard so you can see your progress over time:

- Mood and energy trends
- Coping skills that you've practiced
- How supported and motivated you feel
- The positive habits you're building

This way, you and your care team can clearly see how you're improving.

Privacy & Security You Can Trust

We know your privacy matters. That's why:

- We do not collect personally identifying information such as your name, address, or contact details.
- Your data are used only to provide you with personalized support and to help you and your clinician track progress.
- We will never sell your data to advertisers or third parties.
- All information is stored and processed securely to protect your confidentiality.

✦ You stay in control of your information, always.

Why the Continicare Partners is Different

- Helps you understand yourself with clarity.
- Gives you support every single day, not just once in a while.
- Shows your progress so you can see change happening.
- Respects and protects your privacy at every step.

✦ It's simple, supportive, and built around you.