



Inside m4RH: A Collection of Resources

This website contains information about designing and implementing the award-winning m4RH service gleaned from over seven years of experience in multiple countries. We hope that it will help you whether you choose to introduce m4RH into your health programs or to apply these lessons to your own mHealth journey.



Easy to use and implement

Find all the information you need to introduce m4RH in your health programs or to adapt m4RH for your specific needs.



Tools and resources

Practical tools, information and resources are available so you can incorporate m4RH, or a program like m4RH, into your current work.



Reaching a wider audience

Together we can reach a wider audience with valuable information, and ultimately improve sexual and reproductive health outcomes globally.