**Training plan for Metal Health Application:**

IMPORTANT NOTES:

* If you have any concerns for your health, please contact your Physician, or Counsellor.
* If you feel it is an emergency, call 911 immediately.
* If you fell yourself or others are in any danger, call 911 immediately.
* If you are unsure of whether to call, call a help-line, other professional, or 911.
* This application is only an aid. It is not a substitute for the advice of your Physician or Counsellor. Follow all instructions by your Doctor, Pharmacist, Counsellors, or other health professional.

A link will be included to a site with information about the application.

This site will include:

* Basic operating instructions and navigation of the application.
* A section for Frequently Asked Questions, a FAQ.
* A page to email questions to, included in the subscription to off device storage.
* May also include a forum section for more detailed information and questions.