

# HOW TO USE THE SHARE NETWORK APP

Your step-by-step guide to support,  
resources, and personalized care.

Choose Your Journey

Quick Tools for  
Fast Support

Explore Based on  
How You Feel

Save What  
Supports You



## You're Ready to Begin

Start wherever you feel most comfortable. Explore,  
learn, and remember, you're not on this journey alone.



**1-833-TLC-MAMA**  
Maternal Mental Health Hotline



**support@sharenetworkapp.com**

**APP@SHARENETWORKAPP.COM**