

MENTAL WELLNESS TOOL *MY FAVE FIVE* OFFERS STRENGTH THROUGH CONNECTION

The Newly Designed Mobile App Aims to Help Prevent People Hitting Crisis Mode by Building a Personalized Network of Support

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CINCINNATI – JULY 27, 2022 – Today, nonprofit organization [MY FAVE FIVE](#) launched its mental wellness app with a new look, tone and feel. The purpose of the MY FAVE FIVE app is to help individuals identify, connect, and build relationships with people already in their life who they feel comfortable talking to about day-to-day challenges, or in a time of need. Users can build a trusted network of up to five people who agree to be accessible for them morning, noon, or night. Get the MY FAVE FIVE app free on [Google Play](#) or the [App Store](#).

“While people may state their intentions of wanting to provide support for when a loved one is in need, it can be intimidating for the person struggling to reach out,” says Gina Marek, President & Founder of MY FAVE FIVE. “This tool formalizes a person’s support system in order to help them build healthy coping skills by talking about day-to-day challenges. The FAVE FIVE accepts a person’s request to be there for them when they call, text or email. Our hope is that individuals will reach out to their FAVE FIVE to talk about anything at anytime, well before an individual reaches that breaking point,” Marek explains.

According to the [World Health Organization](#) there has been a 25% increase in prevalence of anxiety and depression triggered by the COVID-19 pandemic with isolation, loneliness and financial woes at the top of the list of contributing factors. The report also notes that young people are disproportionately at risk of self-harming behaviors.

While the app is available for all individuals over the age of 13, Marek is especially focused on young adults as they work through transitions to high school and to college. Helping a young adult implement a personalized network of support and learn to use this network to talk through day-to-day challenges can help ease the anxiety of their transition. Marek also notes that adults can benefit from having a personalized network of support as they maneuver through life's challenges; and also, veterans, who have given so much of their life for our country and experienced many situations in their life which most would not understand.

The MY FAVE FIVE website offers numerous resources to help navigate complex issues including the ENUF Principle – a framework that can be applied whenever an individual presents with emotions about an event or interaction; a Relationship Matrix which helps individuals select their FAVE FIVE; and information about the seven C’s to measure a person’s resiliency. MY FAVE FIVE’s goal is to address people’s challenges in the moment, before they spiral and their mental issues feel too big to solve.

Marek adds: “We have networks to help us maneuver through our careers, why not have one to help us maneuver through life's challenges? The MY FAVE FIVE app reduces the stigma and anxiety of reaching out for help, helps individuals develop healthy coping skills, and leverages technology in a way that seamlessly intersects with people’s lives.”

About MY FAVE FIVE

MY FAVE 5 is a 501(c)3 nonprofit organization in the state of Ohio. The purpose of the MY FAVE FIVE app is to help individuals build their personalized network of support to call and discuss day-to-day challenges, or in a time of need. Each person's network is unique and consists of 1 to 5 individuals who they trust and feel comfortable talking with about day-to-day challenges.

MY FAVE FIVE is a mental wellness tool in the form of a mobile app which helps individuals identify, connect and build relationships with trusted individuals who are already in their life.

For more information or to donate, please see www.myfave5.org

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