

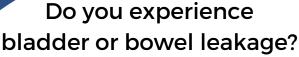


## free app CONfidence

Search for 'CONfidence expert'







The CONfidence self-help app could help!

- Developed by clinical experts
- Videos and practical advice
- Trusted information Support for all ages



www.confidenceapp.uk





Bristol Health Partners













They are all areas [of the app] where self-help is encouraged.

I like the fact that I will be able to monitor and improve my own symptoms.

The App is a very good way to raise awareness and enable people to see that incontinence isn't something to be ashamed of.

The tone is positive, encouraging and best of all, it gives people suffering from incontinence the tools to manage their own symptoms.

I've got a good idea these days of how to handle things, but it's useful to have helpful points of reference too.

Although not all of them
[areas of the app] are
relevant to me, I appreciate
how useful they will be to
others who have more
difficult symptoms to
manage.

(...) hopefully it will provide people with ways to deal with difficult situations without becoming distressed or embarrassed.