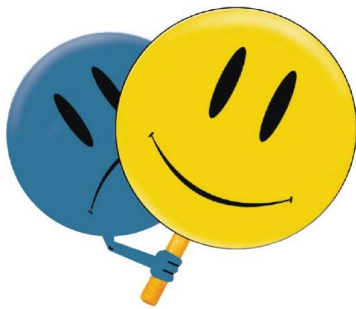


## ACT companion App



**actcompanion**<sup>TM</sup>

The Happiness Trap App

with Dr Russ Harris

The ACT companion App has been made free to download as a resource to support individuals that are having a hard time as a result of the COVID-19 situation.

The app can be downloaded from the Apple store or Google Play store. Enter the code TOGETHER on the subscription page to unlock the app for free for 3 months.

Unfortunately the app is not compatible with some of the new latest versions of android.

Download the app now:

Google Play:

<https://play.google.com/store/apps/details?id=com.actcompanion&hl=en>

Apple Store:

<https://apps.apple.com/us/app/act-companion-happiness-trap/id668468577>