



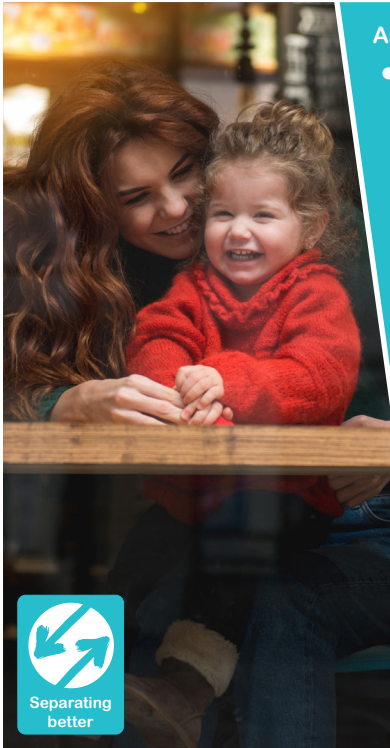
Separating better

your guide to a
smoother separation

 **oneplusone**

Our **FREE** app
offers expert
advice and
emotional
support for
effective
co-parenting.



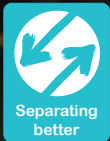


App features:

- **SELF-GUIDED SUPPORT**
expert advice on emotional wellbeing, childcare, and finances
- **PROGRESS TRACKING**
easily monitor your journey
- **EMOTIONAL READINESS QUIZ**
get a sense of where you are in your separation journey with our quiz
- **CO-PARENTING TIPS**
organise and communicate effectively

Getting started:

1. Download the app
2. Take our emotional readiness quiz
3. Unlock app features as you progress through your separation journey



Download the **FREE** app by visiting
oneplusone.org.uk/separating-better
or scan the QR code

