PsychoDose

Your journal for antidepressants, anxiety meds and antipsychotics

Write down how you feel on your medication.

This guide calmly explains what PsychoDose is and how to use it. Feel free to read it first — the app isn't going anywhere.

What is PsychoDose?

A **private journal** for your phone. For people who take medication for mood, anxiety, sleep or distressing thoughts: antidepressants, anxiety or sleeping pills, antipsychotics, mood stabilisers.

Free, no ads, no account. Your entries are stored in Europe.

What is it for?

At your appointment, your doctor asks: "How have you been these past weeks?" That is hard to answer — we forget a lot, especially on medication.

The journal **remembers for you**. It shows in simple curves how you really felt. So you and your doctor can find the right dose together.

What the app does

90 seconds each evening
A few sliders, a few yes/no: sleep, energy, mood, side effects.

Your progress
Simple curves show how you are doing over the weeks.

A report for your doctor
One page to print and bring to your appointment.

Works offline
Your entry is kept and sent later.



How to start

1. On your phone, open **psychodose.fr/en**.
2. Tap **“Start my journal”**.
3. Type your first name. This is optional.
4. Read the short note and tap **“I understand. I’ll keep my doctor in the loop.”**
5. Tap your answers about today. There are no right or wrong answers.
6. Tap **“I’m done — save my day”**. That’s all. See you tomorrow!

Put the app on your home screen

PsychoDose doesn’t come from an app store. You add it straight from the browser. Afterwards it looks like a normal app — and you won’t forget it.

iPhone (Safari)

1. Open **psychodose.fr/en** in Safari.
2. Tap the Share button ⎙ at the bottom.
3. Tap **“Add to Home Screen”**.
4. Tap **“Add”** at the top right.

Android (Chrome)

1. Open **psychodose.fr/en** in Chrome.
2. Tap **“Install”** when offered.
3. Or: menu ⋮ at the top right → **“Install app”**.
4. Confirm with **“Install”**.

Keep your entries safe

Without an account, your entries are tied to this phone. If it is lost, you can no longer reach them. So in the app, tap the gear (Settings) at the top right, then **“Secure my account”**. All you need is an email address and a password.

> **Please remember:** PsychoDose does not replace a doctor. **Never** change your medication without medical advice.
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> **In a crisis?** Samaritans **116 123** (UK and Ireland, free, day and night) · elsewhere, your local emergency number.

