

ThinkNinja - a free App to support children and young people with their mental health and emotional wellbeing in this time of uncertainty

The Coronavirus pandemic brings with it a significant amount of uncertainty and is therefore likely to impact on children and young people in terms of their emotional wellbeing. Children and young people may be feeling more stressed, anxious, worried and low as they absorb and react to the evolving Coronavirus situation.

The Think Ninja App is available for all young people in Southampton who are aged from 11 - 17. Think Ninja is free and available to provide mental health and emotional wellbeing support in this time of uncertainty.

Think Ninja can help young people in the following ways:

- Keeping calm when stress levels rise, by accessing the Skill Zone for breathing and distraction exercises
- Helping to address unhelpful thoughts related to Coronavirus in the CBT skills section and My Challenges section
- Boosting their mood with various PowerUps
- Connecting via text chat with a 'live' Healios mental health professional, if required, all within the App

It is important to highlight that Think Ninja offers support only and should not be used as a replacement intervention for mental health input from NHS CAMHS (Child and Adolescent Mental Health Services) or counselling services.

The App can be downloaded for free on all Android and Apple IOS smartphones and tablets through the App stores. Unfortunately Think Ninja is not available on laptops or PC's as yet. Once downloaded you will be asked to enter your postcode, and Think Ninja has already been populated with all Southampton postcodes.

For guidance and helpful materials on communicating with young people, for parents, health professionals and educators, and more information about how the Think Ninja app can support, visit <https://www.healios.org.uk/think-ninja-assets>.

