



Helping you thrive in University

brain in hand

Welcome to Brain in Hand

Brain in Hand combines digital tools with ongoing human support to help you manage overwhelm, reduce anxiety, and build motivation.

It can help you organise your time, remember things, cope with difficult situations, and better understand your emotions.

You will have access to discreet, simple tools and personalised strategies, all accessed on your phone, when you need them most.

Let's get started...



**Personalised
support built
by you for you.**

Who is Brain in Hand for?

Brain in Hand is for anyone whose day can be disrupted by anxiety, unexpected events, or the need to make decisions under pressure. These everyday difficulties can become overwhelming, stopping you from doing the things you want to do.

Brain in Hand supports students who are neurodivergent (e.g., autism, ADHD etc.) and have mental health conditions memory deficit needs.

You don't have to have a specific condition or diagnosis in order to use Brain in Hand.

Our users are all unique, which is why Brain in Hand is personalised to each student.

Helping you have a good day every day

We've helped thousands of students accomplish what's important to them.

It can help you:

- ✔ **Organise your day**
- ✔ **Remember things**
- ✔ **Cope with difficult situations**
- ✔ **Better understand emotions**

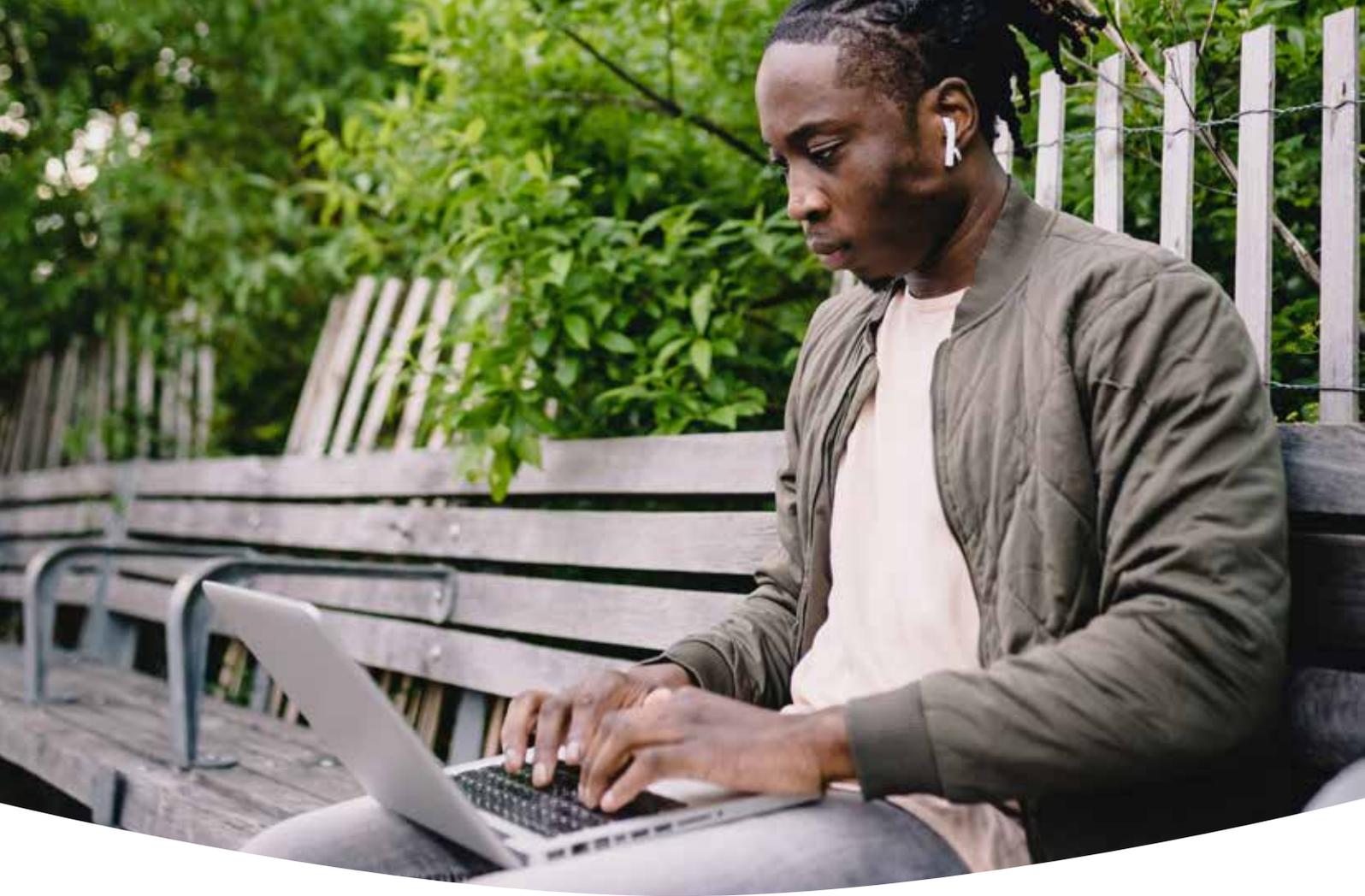
As long as you've got your phone, you can use Brain in Hand to help you quickly and simply deal with things you find tricky.



**Manage overwhelm.
Reduce anxiety.
Gain motivation.**



“ Sometimes you feel alone and that there’s no one to kind of check in with you. But having Brain in Hand made me realise that if I did want to reach out, that there’s someone ready there. ”



You won't be alone on your journey

You will be matched with a Brain in Hand coach to help you to identify challenges, break things down and create strategies to achieve your personal goals.

Your personal coach will help you build the tools to keep your day on track, and work with you to develop your own solutions so you can manage your day your way.

Our coaches have worked extensively with students and can provide useful hints, tips and ideas for getting the most out of Brain in Hand.

Students can schedule regular sessions with their experienced coach throughout the entire license period.

“The specialist was really nice and willing to listen. It’s hard to find people like that. It made it very easy to share.”

“Brain in Hand has been a lifesaver for me in coping with the complex daily schedules at university and with giving me a support structure in the way of coping mechanisms for handling stressful busy lectures.”

Schedule additional support

You can have ongoing one-to-one coaching for as long as you use Brain in Hand to keep you on track throughout your journey. This can help you maintain motivation and prevent escalations in anxiety.

It can also be used to reflect on your progress towards goals, set new goals or find solutions to new challenges you face as you progress through university.

On-demand support 24/7

At times of need extra support is just a tap away, 24 hours a day.

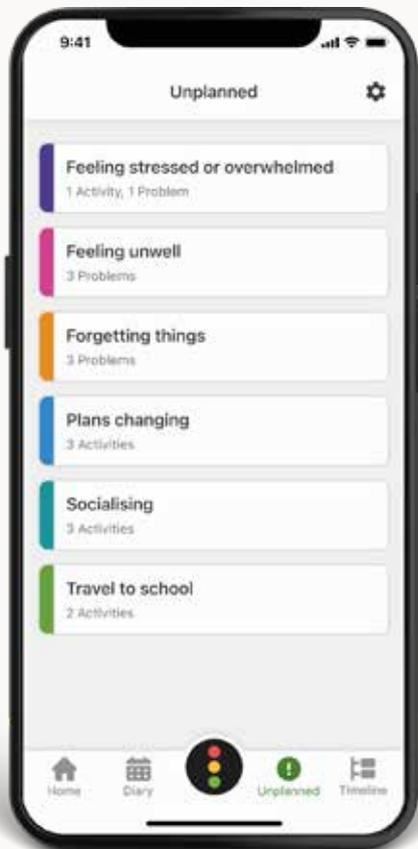
A trained responder will get in touch by phone, text, or email to help get your day back on track. Access to the response service is available to the student for the full duration of having Brain in Hand.

Alternatively you can choose your own responder who may be a trusted supporter, like a friend or family member.

IMPORTANT NOTE: Brain in Hand is not a mental health or crisis service. Our response service is not an emergency service or a replacement for 999. Our system is designed to support with in-the-moment anxiety and overwhelm needs through practical assistance that allows people to manage everyday challenges and maintain their wellbeing.

Discreet and easy to use

You'll have easy access to simple digital tools for organising your time, managing anxiety, and solving problems when you can't remember what to do. You can add in things specific to you, your studies and life at uni.



Personalised structured routine

You can integrate your calendar, create a structured routine and tailor solutions for tasks that are difficult to remember or are challenging to manage. This supports you with planning, organisation, time management, and establishing and maintaining positive habits.

“I now have a proper defined structure for my new routine at uni. It has also helped me to monitor my moods and realise when I am becoming in danger of being overwhelmed and knowing what works to regulate my mood again.”

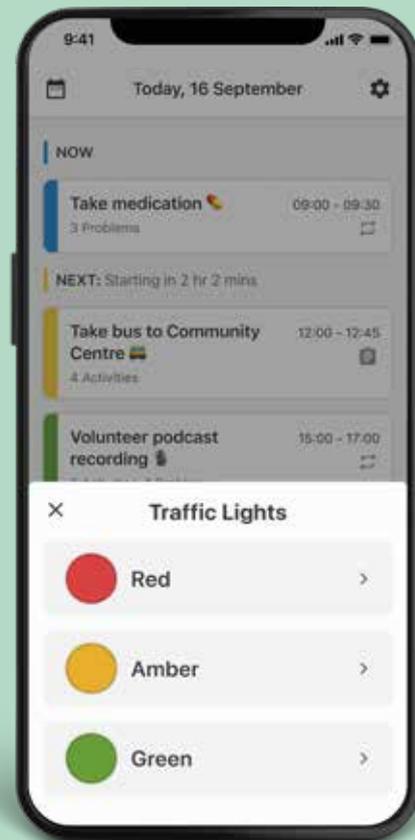
Track your mood to help manage anxiety

Track your mood using a simple traffic light tool. Use mood tags or add comments to your traffic light presses to capture how you are feeling in the moment.

Reflect on emotions, and understand triggers, using the timeline feature. This helps you manage overwhelm and build coping strategies for the future.

You can even set notifications to prompt you to check in with yourself throughout the day.

You can access this section during their dedicated coaching sessions to discuss and develop anticipatory strategies.

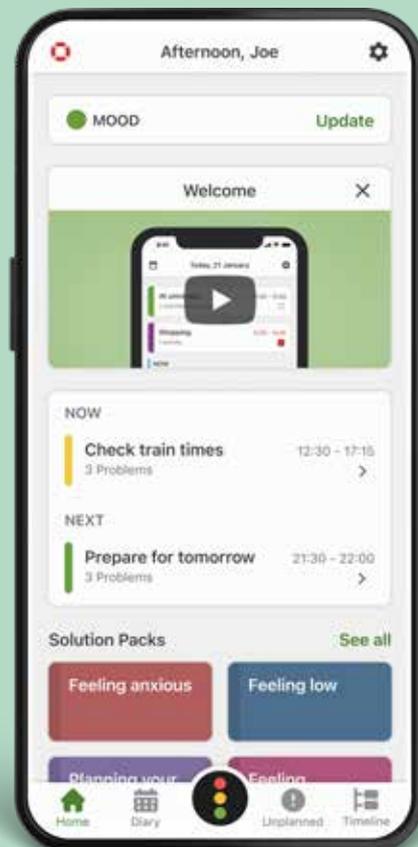


Tried and tested user solutions

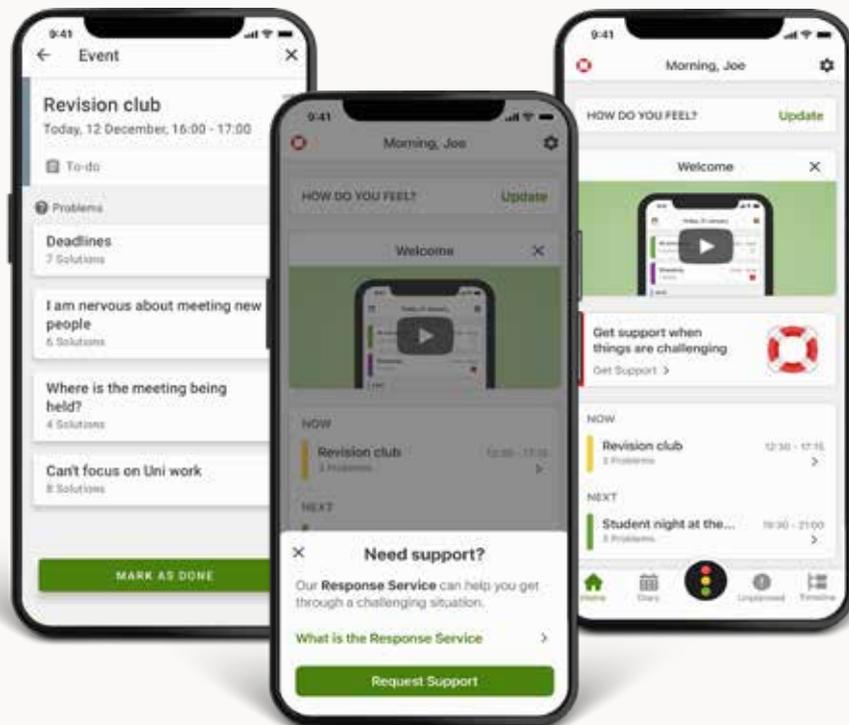
Access a library of practical ready-made solutions for everyday challenges.

Content has been created from the thousands of solutions other students have developed and used in their university life.

Solutions packs help you to discuss new ideas with your supporters or try strategies you may not have thought of yourself.



“Brain in Hand allows me to be in control of my university experience. It acts as a much needed support when I need it most.”



**The best of digital
& human support.**

**For more information visit: www.braininhand.co.uk
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brain in hand

**With you
every step
of the way.**

Brain-in-Hand is a limited company registered in England and Wales (Number 06971006)
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