



**Live life
your way.**

brain in hand



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

Welcome to Brain in Hand

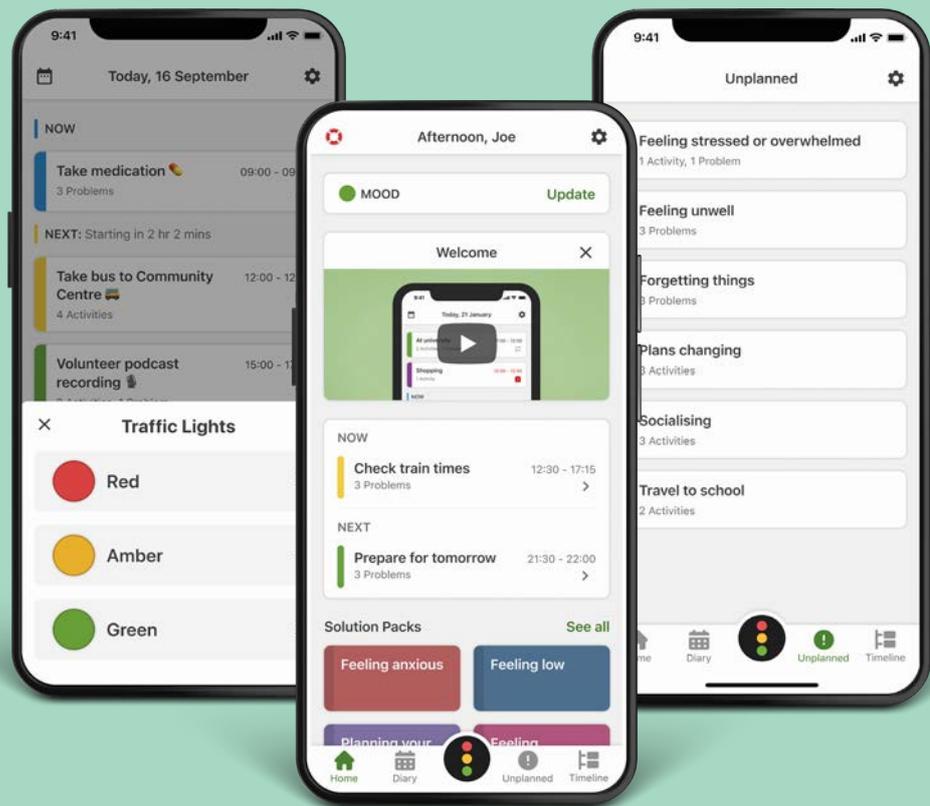
This guide will walk you through how Brain in Hand can help you and what it is.

Brain in Hand combines simple 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, deal 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.

We often work with people who have difficulties with their mental health, autistic people, and people who have anxiety challenges.

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 person.

Helping you have a good day every day

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

It can help you:

- ✔ **Organise your day**
- ✔ **Remember things**
- ✔ **Deal 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.**



You won't be alone on your journey

Every user gets a Brain in Hand Specialist coach to help them get started and stay motivated.

A qualified specialist coach helps you to recognise your strengths, and develop your own solutions to overcome problems. They help you build the tools to keep your day on track, and work with you to create practical strategies, so you can manage your day your way.

They provide useful hints, tips and ideas for getting the most out of Brain in Hand.

Your specialist coach will get in touch with you to arrange a virtual session at a time that works best for you.

Working with you at your pace. It is important to make sure you are comfortable and at ease.

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

“I have a brilliant Specialist. She is autistic too. It made me feel comfortable knowing they understood me. The coaching sessions have changed my life, helping me stay motivated. My confidence has really improved.”

Schedule additional support

You can have ongoing one-to-one coaching 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 new solutions to challenges you are facing.

On-demand support 24/7 if things get tough

If things feel too hard to manage at times, it's OK. Extra support, whenever you need it, is just a tap away, 24hrs a day.

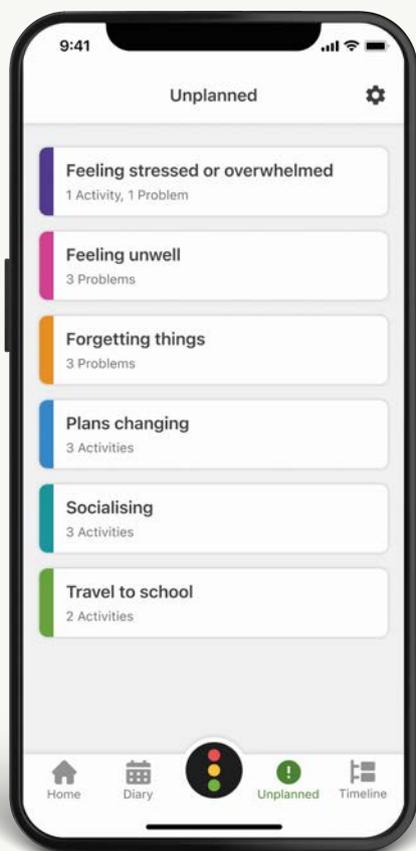
A trained responder will get in touch by phone, text, or email to help get your day back on track. With your permission can access your Brain in Hand strategies and history – so support is fully personalised in the moment.

Alternatively, you can choose to notify another 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.

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.



Personalised structured routine

You can create a structured routine and self-defined 'recipes' 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 use the mood tracker to reflect and I can get extra help when I need it. This gives me peace of mind. ”



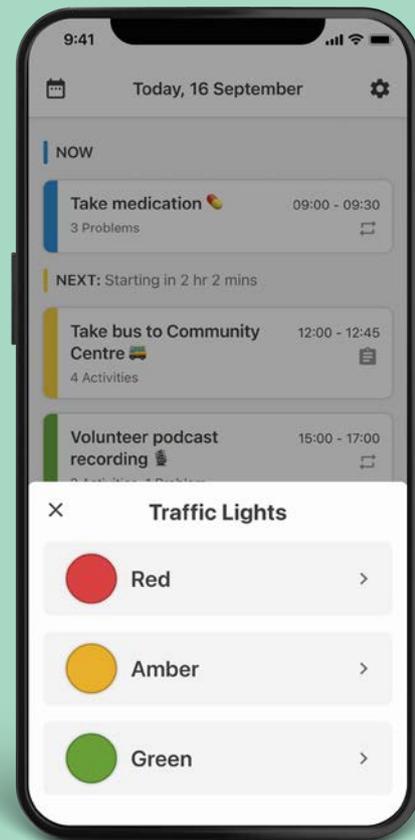
Track your mood to help manage anxiety

Track your mood using a simple traffic light tool. You can communicate how you are feeling and reflect on emotions to build coping strategies for the future.

Add comments to your traffic light presses to capture how you are feeling in the moment.

Use the traffic lights to reflect on emotions, capture positive emotions, and understand triggers so you can manage overwhelm.

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

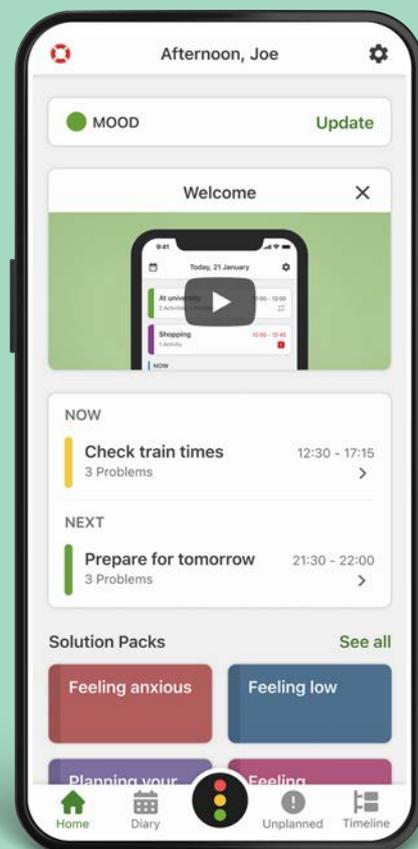


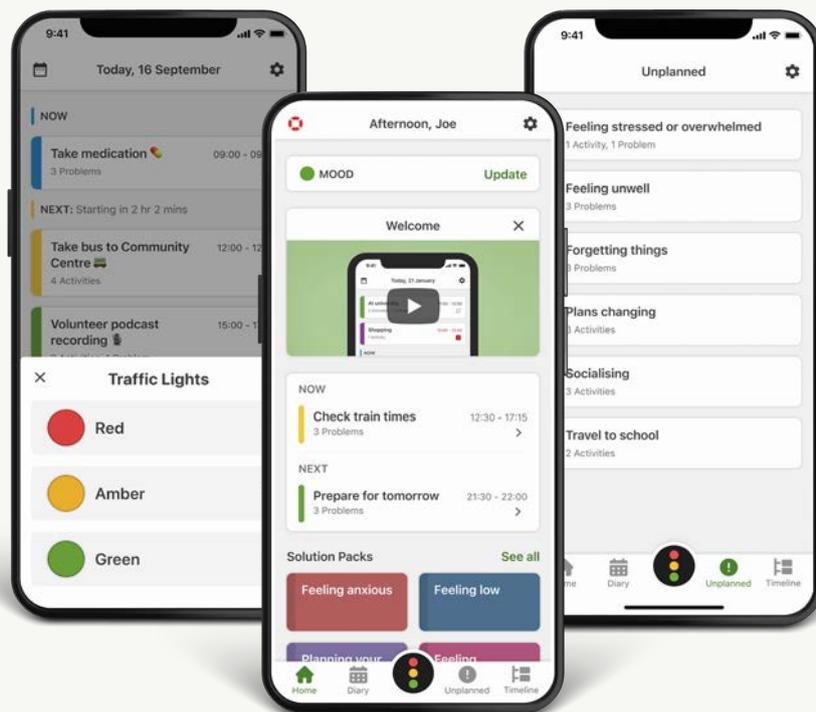
Tried and tested user solutions

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

Content has been created from the hundreds of thousands of solutions other users have developed and used in their life: it's all been tried and tested.

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





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

**For more information visit: www.braininhand.co.uk
Email: info@braininhand.co.uk
Telephone: +44 (0)1392 247909**

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