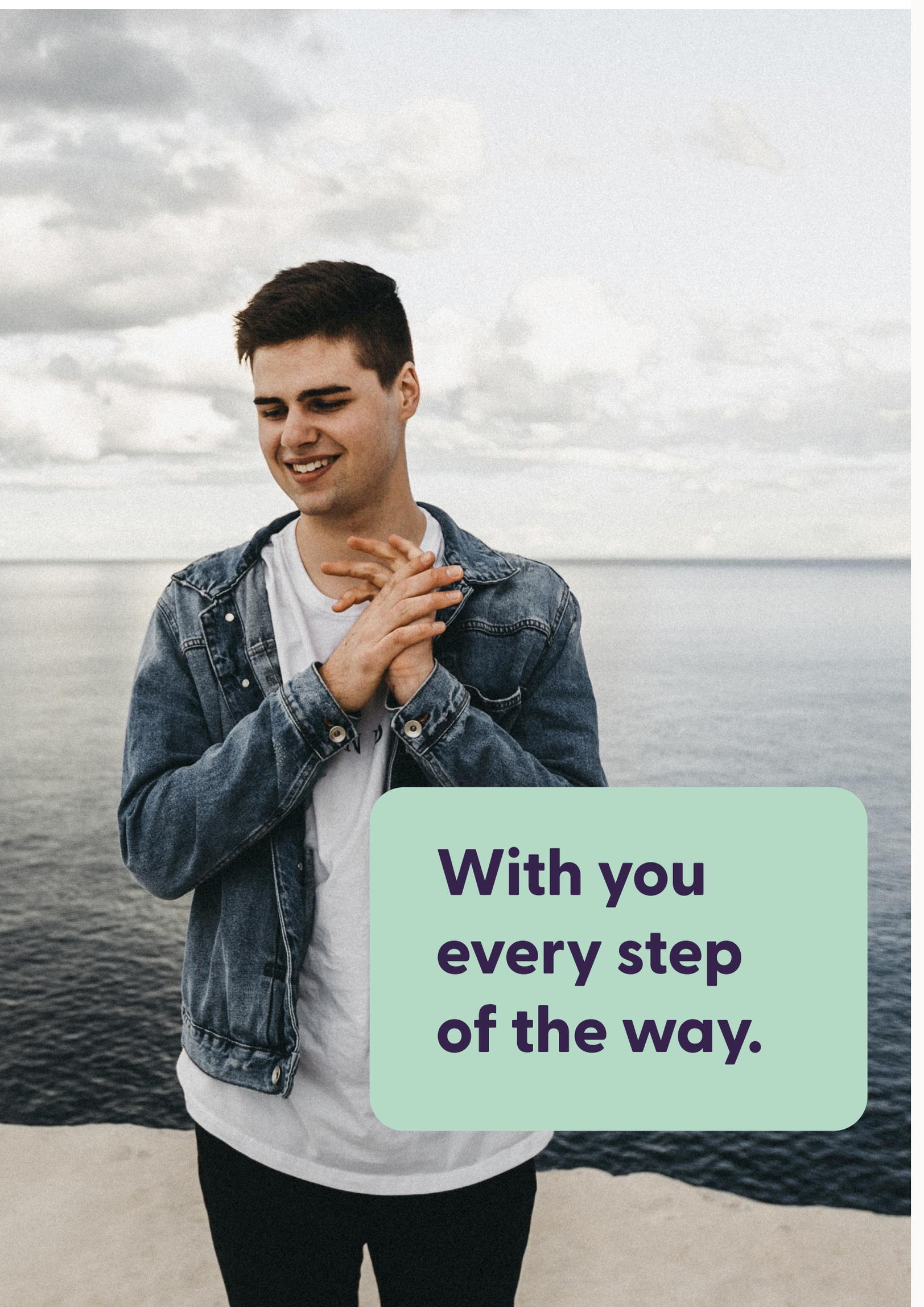




A parent's guide to Brain in Hand

brain in hand



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

How Brain in Hand supports users.

Brain in Hand can support teenagers and young adults in school, college and workplace. You might be wondering what it can do, how it works, and how you can support your young person to make the most of it.

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

It can help them organise their time, remember things, deal with difficult situations, and better understand their emotions.

This guide will explain what Brain in Hand is and how it can be used to support important transitions into adulthood.

Let's get started...



One-to-one human support



A **qualified specialist coach** helps them to recognise their strengths, and develop their own solutions to overcome problems. This helps them get started in the right way.



Ongoing one-to-one coaching keeps them engaged throughout their journey and prevents escalations in anxiety.



If things get too difficult they can access **extra human support on-demand 24/7** through a simple traffic light system.

Simple digital tools



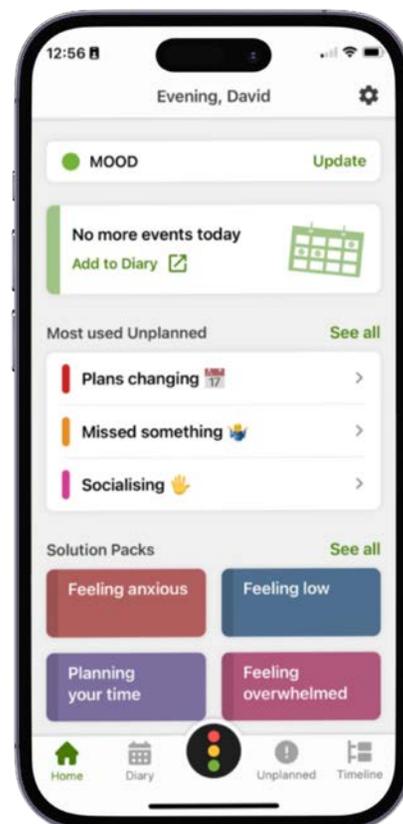
They will have discreet digital tools to **manage their anxiety, remember things, plan their days and life, and make decisions.**



They can **monitor their mood** with the traffic lights, communicate how they are feeling and reflect on emotions to build coping strategies for the future.



Accessible in the moment via their **phone or smart device**, it provides discreet and personalised support when and how they need it.





How can it help?

We work with a lot of people who are neurodivergent, including autistic people, or those who have anxiety-related mental health challenges. It might be that your young person needs some help working out how to solve problems that cause them stress, or perhaps they could use a hand establishing a positive routine.

Brain in Hand can help in all kinds of situations. If they are having trouble travelling on their own, they can use their system to easily access timetables and coping strategies for how to navigate public transport. If they find school or college stressful, planning their day might help ease some of the worry.

Using Brain in Hand

You might need to talk to their school about allowing them to use a phone or tablet during school. They may ask that your child has a separate Brain in Hand-only device so they can't misuse it.

However, we've found that schools are generally accepting of any solution that can help their students manage their day and their learning better.

If your child has a mentor, study tutor, or other supporter within the SEN department at school, it's worth talking to them about Brain in Hand.

They may be able to help your child think about the strategies to include – you could even give them access to view their timeline of activity, so they can work together to celebrate successes and address areas of difficulty.

Brain in Hand is not a mental health or crisis service.

It is not an emergency service or substitute for dialling 999. Brain in Hand coaches and Responders are not therapists and can't provide a counselling or therapy service. We can't provide or replace any professional support that you may require or be receiving.

How can I support my young person to get the best out of Brain in Hand?

There are a few ways Brain in Hand can work for both you and your young person. That's if they want to involve you in their support, of course – we always encourage everyone working with a user to respect all their wishes and choices.



Help them get started

If they'd like you there, attending their sessions with their coach can be a great way to focus on goals, think about the support they already have, and work out what they can use Brain in Hand for.



Be their support when they need it

You can set up their Brain in Hand so that they can send a notification straight to you if they are having a difficult time. It's up to you how you respond to this – you might agree with your child that this means you'll contact them straight away, or it might just let you know to give them some space when they get home.



See how things are going

Brain in Hand can help you understand your child's strengths and needs better. It can help reassure you that they'll remember information and strategies you've worked on together.

- ✓ Review their timeline and activity together, looking for green, amber, or red lights. You can talk about how they've been feeling, spot patterns, and add comments.
- ✓ Think about how any new problems or solutions could be put into Brain in Hand, and remind them to do so (or help them with it). You can add anything you want to make sure they remember, whether it's a list of things to pack for school or a link to a bus timetable.

Testimonials



Dennis

“When I started college, I found it very difficult but when I was using Brain in Hand it helped me a lot to control my mood”.



Kathleen

“Brain in Hand gives me the ability to operate when I don’t have my support network around”



Leighton’s mum

“Our aim was to make Leighton more independent, because at school he’s always had one-to-one support and there’s a big gap in the support when you go to college, so we wanted to get him used to being alone.”

These are stock images and don’t represent the users.

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

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