My toolkit

Mytoolkit.ca is an interactive resource to help educate young adults about their mental health. With mobile apps, videos and educational modules (complete with facilitator guides), this programme gives the counsellor the tools to talk about mental health with young people or informs young people to help themselves.

The website contains three a to z modules: about wellness, stress education and substance use education. Each module has a Facilitator Guide and self learning units.

The “Mind your mood” app helps people describe their emotions and track changes over time.

Target Groups	Topics	Type of Best Practice	Country
• Children / Adolescents • Counsellors • Youth workers	• General • Addiction • Stress	• Online training material • Mobile Application	• Canada

Description

A to Z is an online learning resource that was designed by mindyourmind as part of the Young Health Program with youth aged 14-16 in mind. It aims to be a plain language resource to explore the topic of mental health/emotional wellness. The “A to Z modules” deal with:

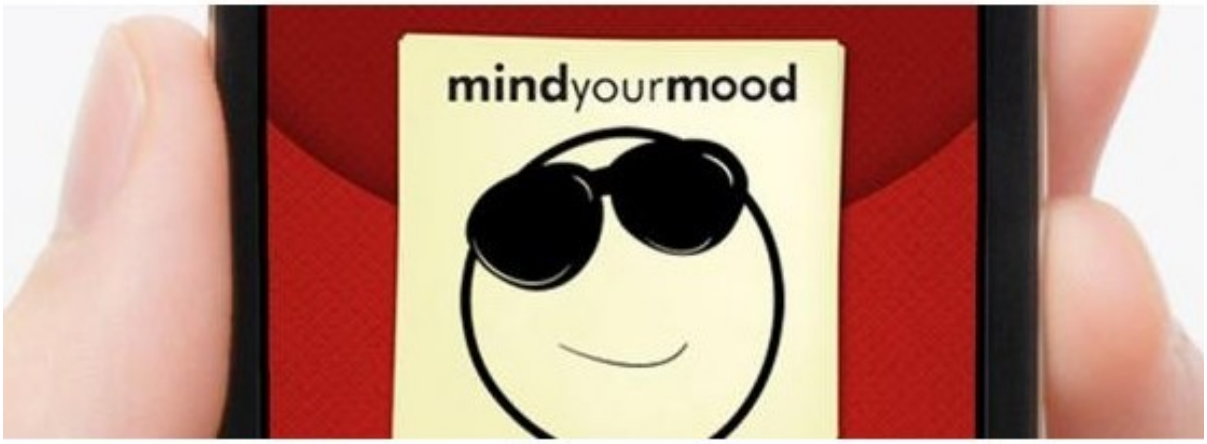
- stress education
- substance use
- wellness guide

Each modules contains information, short videos, tests and exercises which can be done individually or also in groups.

The “Mind your mood” app helps people describe their emotions and track changes over time- It allows youth to see a history of their moods and behaviour patterns. Mind Your Mood is an easy-to-use app that allows youth and young adults to track their moods securely on their phone.

Mind Your Mood features:

- a choice of 7 mood-faces and 28 mood-words, so one can be as specific as one wants
- a scale to measure the intensity of moods, both positive and negative
- the ability to add notes and to 'flag' them for later conversations
- interactive reports that graph intense emotions for one’sreview
- built-in email functionality so one can email one’s mood log to a counsellor for discussion



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Original language

English

Country

Canada

Link

https://mytoolkit.ca/

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