My toolkit

Mytoolkit.ca er gagnvirk vefsíða þar sem ungmenni geta sótt ráðgjöf um bætta geðheilsu. Á vefsvæðinu er hægt að nota snjallsímaöpp, myndbönd og svæði þar sem ungu fólki gefst tækifæri á að tala við sérfræðing. Einnig er ýmislegt fræðsluefni um heilsutengd atriði svo sem hvernig á að höndla streitu, draga úr eða hætta fíkn.

“Mind your mood” er app sem aðstoðar fólk við að ræða um tilfinningar sínar og leiðir til sjálfshjálpar.

Markhópur	**Efni**	**Tegund**	**Land**
• Börn / unglingar	• Almennt	• Rafræn þjálfunargögn	• Kanada
• Náms- og starfsráðgjafar	• Fíkn	• Símaapp	
• Starfsfólk sem vinnur með ungmennum	• Stress		

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:

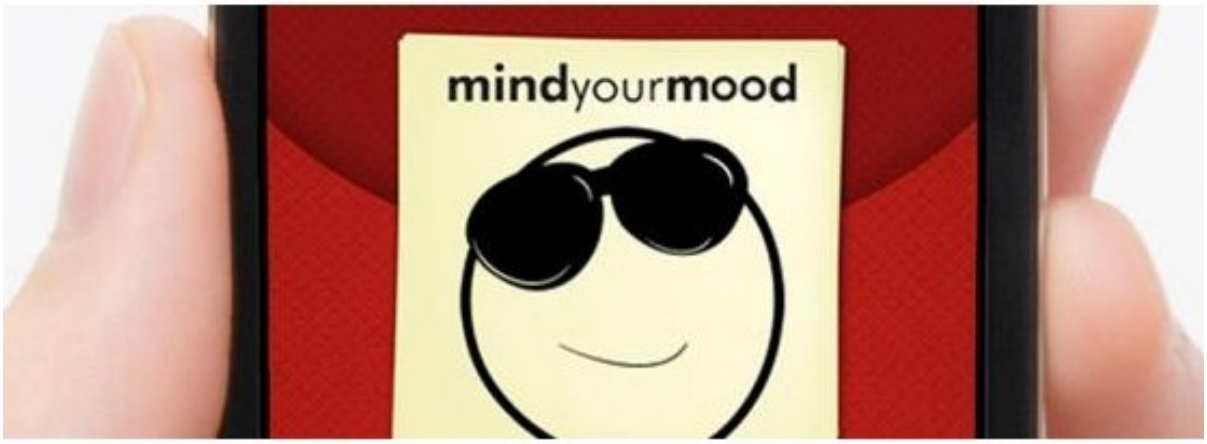
- stress education
- substance use
- wellness guide

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



Download on iOS Download on Android

Upphaflegt tungumál

English

Land

Canada

Tengill

https://mytoolkit.ca/

(access date: 11/07/2017)

CC - Attribution-NonCommercial-ShareAlike
http://creativecommons.org/licenses/by-nc-sa/3.0/

WIN. *My toolkit*. Retrieved on Sunday November 22, 2026 from https://ecounselling4youth.gunet.gr/online-material/courses/TGP470/

Co-funded by the Erasmus+ Programme of the European Union

Framkvæmdastjórn Evrópusambandsins, styrkir verkefnið en er ekki ábyrgt fyrir skoðunum eða innihaldi efnis tengdu verkefninu.

https://www.ecounselling4youth.eu/project/