My toolkit

Mytoolkit.ca je interaktivni potral, ki mlade preko mobilnih apliakcij osvešča o pomenu ohranjanja mentalnega zdravja.

Na voljo so tudi izobraževalni moduli s priročnikom, ki so namenjeni psihoterapvetom in svetovalcem, ki delajo z mladimi. Spletni tečaj vsebuje tri modele. Vsak modul ima tudi učno enoto, kjer so predstavljene alternativne možnosti.

Aplikacija "Mind Your Mood" pomaga ljudem pri prepoznavanju srazličnih čustvenih stanj in spremljanju sprememb v razpoloženju.

Ciljne skupine	Teme	Vrsta dobre prakse	Jezik
• Otroci / mladostniki • Svetovalci • Mladinski delavci	• Drugo • Odvisnosti • Stres	• Spletno gradivo • Mobilna aplikacija	• Kanada

Opis

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:

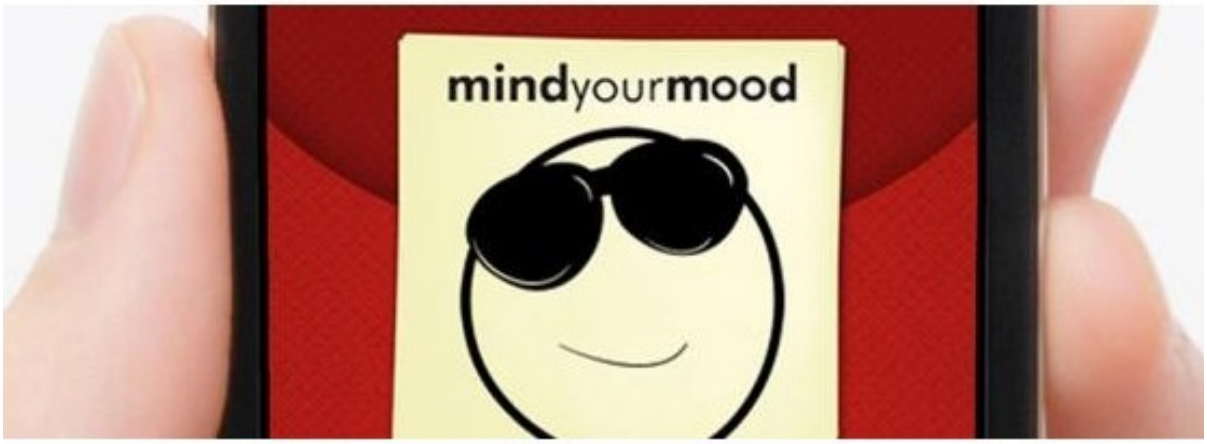
- stress education
- substance use
- wellness guide

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

Jezik, v katerem je praksa dostopna v originalu

English

Država

Canada

Povezava

https://mytoolkit.ca/

(access date: 11/07/2017)

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

WIN. *My toolkit.* Pridobljeno na Nedelja November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP471/

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

Vsebine spletne strani ne odražajo uradnih stališč Evropske komisije, ampak stališča avtorjev v projektnem partnerstvu. Zato Komisija za vsebinski del ne prevzema odgovornosti, prav tako ne odgovarja za kakršnokoli uporabo teh podatkov brez dovoljenja njenih avtorjev.

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