My toolkit

Mytoolkit.ca je interaktivni izvor koji pomaže educirati mlade odrasle osobe o svom mentalnom zdravlju. S mobilnim aplikacijama, videozapisima i obrazovnim modulima (zajedno s voditeljima-facilitatorima), ovaj program daje savjetniku alate za razgovor s mladim ljudima o mentalnom zdravlju ili informacije mladima kako da si sami pomognu.

Web stranica sadrži tri a do z modula: o wellnessu, edukaciju o stresu i edukaciju o korištenju tvari koje uzrokuju ovisnosti. Svaki modul ima voditelja-facilitatora i jedinice za samostalno učenje.

Aplikacija " Mind your mood " pomaže ljudima opisati svoje emocije i pratiti promjene tijekom vremena.

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Djeca / Adolescenti • Savjetovatelji • Rad s mladima	• Općenito • Ovisnost • Stres	• Online trening materijali • 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:

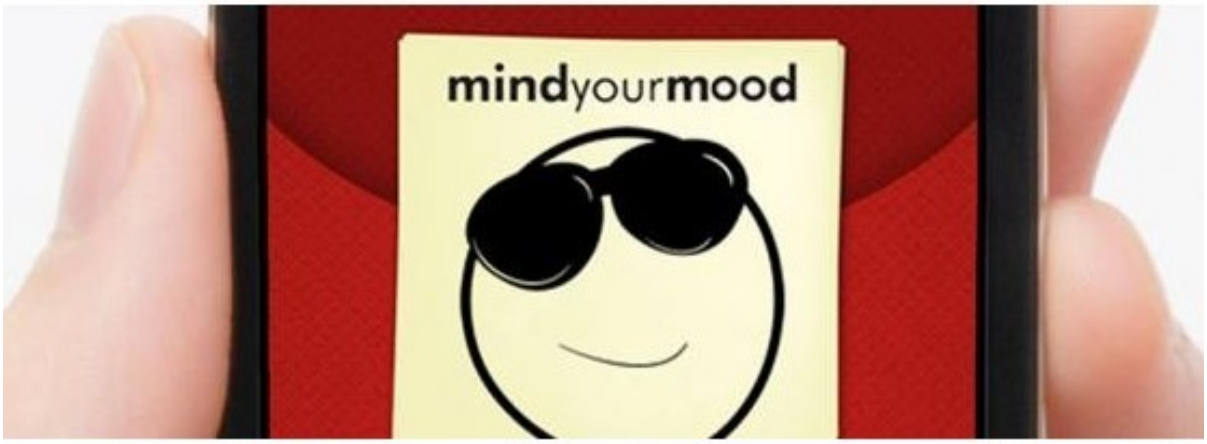
- stress education
- substance use
- wellness guide

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



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Jezik originala

English

Zemlja

Canada

Poveznica

https://mytoolkit.ca/

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