

WHY YOUNG PEOPLE ARE USING thinkNinja

Beat exam stress

Boost their mood

Cope with difficult feelings

Deal with negative thoughts

Reach their personal goals

24/7 support from WiseNinja, their personal coach

Through a digital channel natural for young people

WHY THINKNINJA?

- Addresses the recommendations of the NHS Green Paper
- Increases access to mental health support for Young People in line with the aims of NHS Five Year Forward View for Mental Health and the Long Term Plan
- ThinkNinja enables Young People to seek advice and support without fear of stigma
- Natural alignment with the MHST Trailblazer sites
- Can be easily integrated with local targeted offers, particularly as part of a 'whole school' approach to support mental health

FIND OUT MORE

Contact us and ask to speak to the ThinkNinja team

info@healios.org.uk

Telephone 0330 124 4222

www.healios.org.uk/services/thinkninja1

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**EMPOWERING YOUNG PEOPLE TO
MANAGE THEIR MENTAL HEALTH
AND EMOTIONAL WELLBEING**



BUILDING RESILIENCE

What is ThinkNinja?

ThinkNinja is an app designed for 11-18 year olds to help with:

- Mental health education
- Develop coping strategies for emotional wellbeing
- To provide skills young people can use to build resilience and overcome symptoms of anxiety and low mood



Meet the WiseNinja

Every user has their personal coach, the WiseNinja, who is powered by artificial intelligence and has all the skills of a clinical psychologist.

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Support When It's Needed

As part of early intervention, ThinkNinja has two clinical step up chat features with a Healios professional for young people to activate if they feel they need more support. The first step is an easy text chat service, and as a second step, a video-based clinical intervention.



EARLY INTERVENTION

Evidence-based foundation

ThinkNinja is built on evidence-based psychological techniques, co-designed by specialist child clinicians and young people, to provide access to a range of techniques and skills that empower the user to improve their mental well-being and emotional health.



As an early intervention, ThinkNinja aims to help develop resilience and overcome symptoms of low mood and anxiety.

CLICK THE LOGOS TO DOWNLOAD OR VISIT THE RELEVANT APP STORE

