



Supported by:



thinkNinja

Empowering young people to reach their potential

Young people face a *huge* amount of stress in a modern society

At least 1 in 7 children and young people suffer with a mental illness



Anxiety and low mood are the most ***common*** mental health issues experienced by young people.

Download ThinkNinja today, just click the relevant app store logo for your device:





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health



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Google Play



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App Store



pressure,
family
act as
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Welcome to ThinkNinja®

Click the WiseNinja to watch the film





is ThinkNinja®
How does it work?



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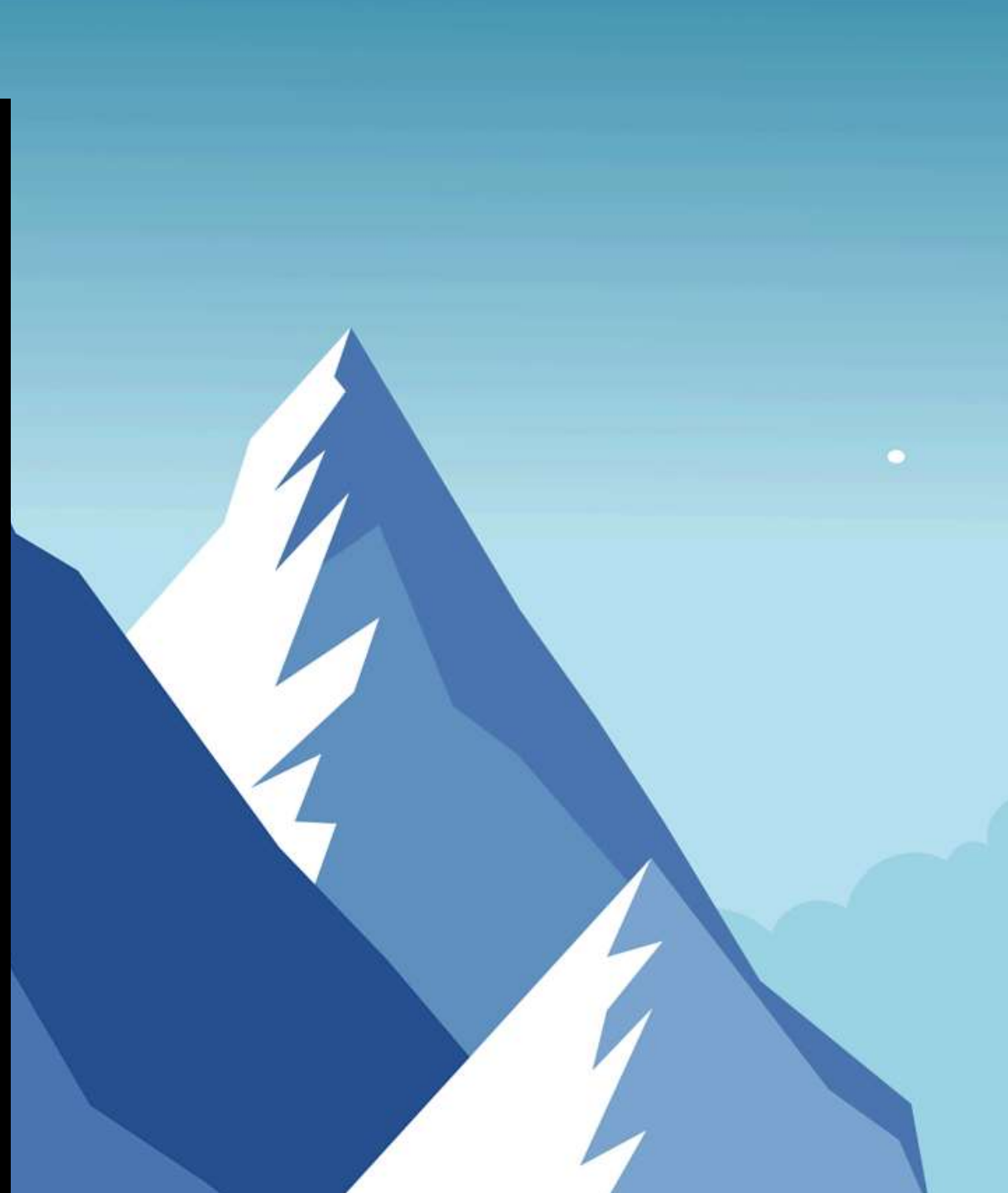


Download on the
App Store

ThinkNinja® is an app designed to *help boost our mood*, deal with stressful problems *feeling great!*







Learn how to relax



Worried about exams

Struggling with difficult
things in the moment

Feeling stressed

Deal with your
thoughts better

Get better sleep

Boost your mood



Understanding
your feelings

Reach your
personal goals

2

Download and install **ThinkNinja**



How to get ThinkNinja®



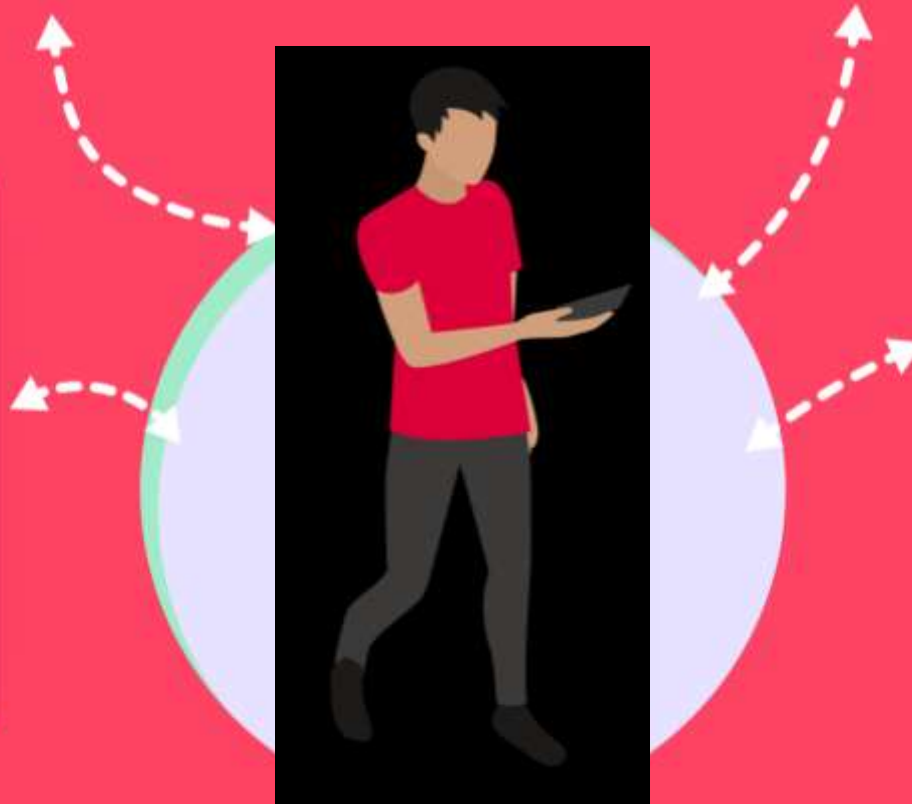
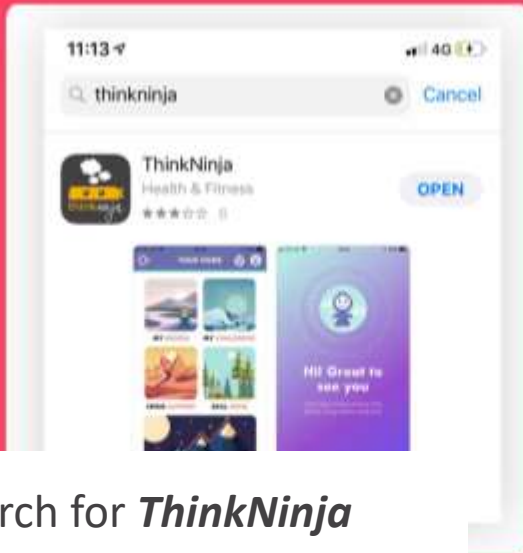
3

Hit **Register** and fill in the form

DoB and postcode fields are optional

1

Search for **ThinkNinja** wherever you get your apps



Once you've registered, you can log in straightaway

4

Start using ThinkNinja and **explore** the different functions!

Anything you tell ThinkNinja® is stored securely and is **not** shared with anyone

Is excessive use of apss a danger?

ThinkNinja is designed in such a way that the user does **not create** a sense of dependency, and acts as a series of constructive exercises (not mindless tasks) designed for the user to come out of the app and try in their daily life. The technology combines with the psychological principles to help the young person live a life, a real life.



Accepting a little
extra help is good



Even when we *feel great*, it's
important to keep working on
our mental and physical health to
help us *make the most* out of life

Download ThinkNinja® for FREE





Thank you