

The Coronavirus pandemic brings with it a significant amount of uncertainty and is therefore likely to impact on children and young people in terms of their emotional wellbeing. Children and young people may be feeling more stressed, anxious, worried and low as they absorb and react to the evolving Coronavirus situation.

The Hampshire and Isle of Wight Partnership of CCGs would like to remind all young people aged 11-17 yrs and living in Hampshire or the Isle of Wight, that the Think Ninja App is free and available to provide support for those struggling with mental health and emotional wellbeing in this time of uncertainty.

ThinkNinja can help young people in the following ways:

- Keeping calm when stress levels rise by accessing the Skill Zone for breathing and distraction exercises
- Helping to address unhelpful thoughts related to Coronavirus in the CBT skills section and 'My Challenges' section
- Boosting their mood with various PowerUps
- Connecting via text chat with a 'live' Healios mental health professional, if required, all within the app

**It is important to highlight that Think Ninja offers support only and should not be used as a replacement intervention for Mental Health input from NHS CAMHS or Counselling services.**

The app can be downloaded for free from the App Store and is available on all Android and Apple IOS smartphones and tablets. Unfortunately Think Ninja is not available on laptops or PC's as yet. Once downloaded you will be asked to enter your postcode. Think Ninja has already been populated with all Hampshire and Isle of Wight postcodes and is being used by a number of young people in these areas.

