



Supported by:



# think *Ninja*

Empowering young people to reach their potential

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

*One* in *eight* 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:



Things such as *social media, meeting new people & relationships* can affect our mental health



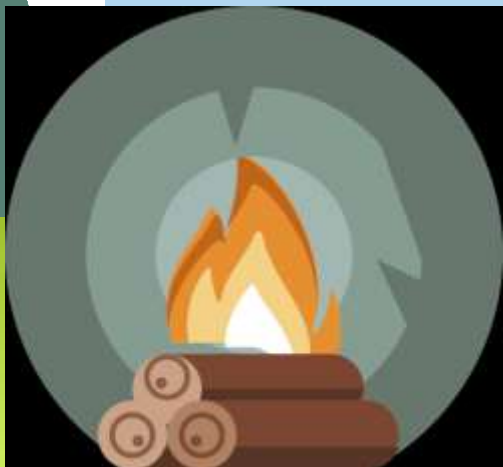


***Exam Pressure,  
school & family***  
can also act as  
triggers to affect  
our mood.

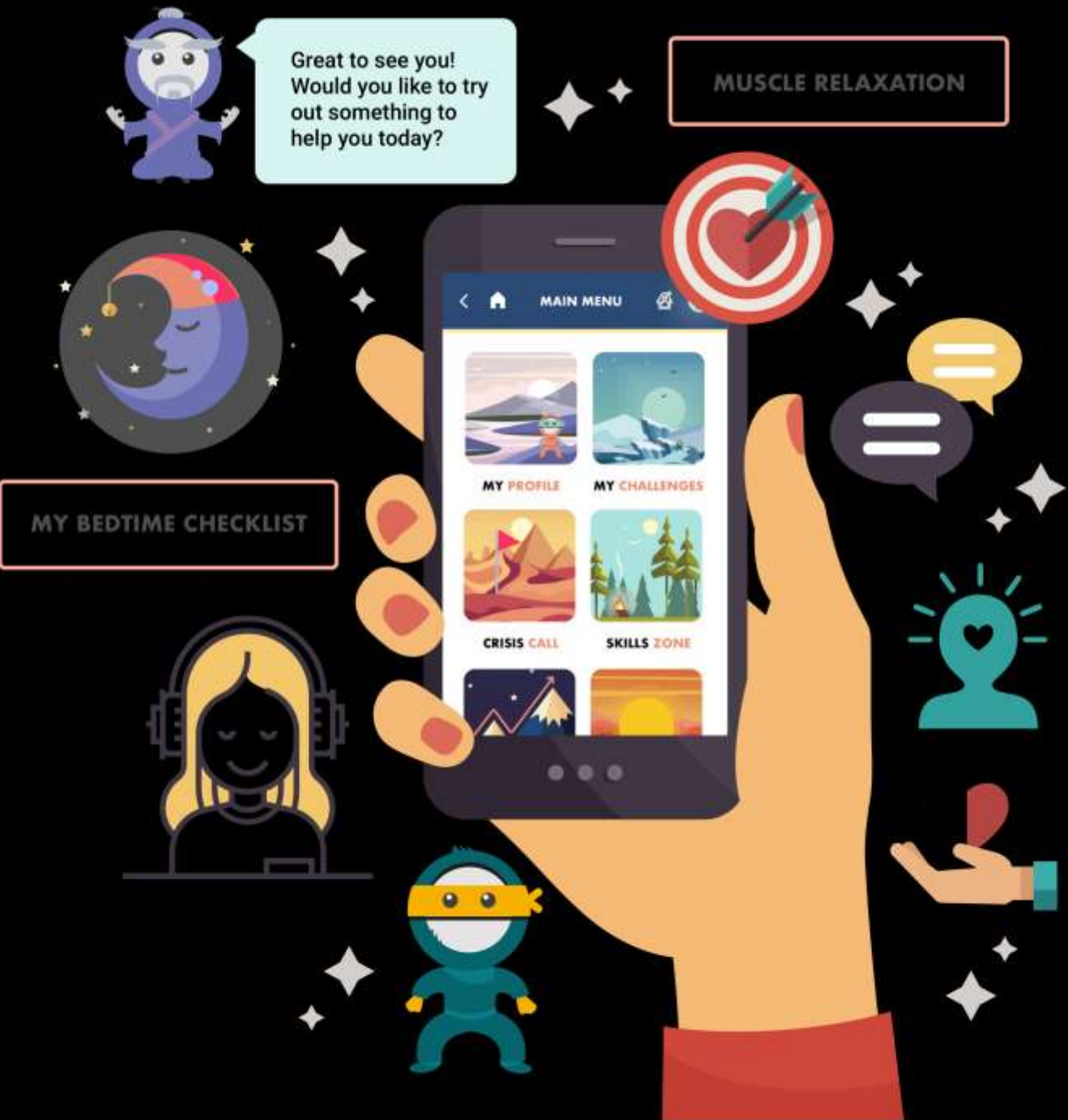


# Welcome to ThinkNinja®

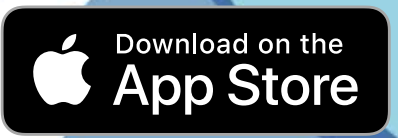
Click the WiseNinja to watch the film







What *is*  
ThinkNinja®  
and how does  
it work?



ThinkNinja<sup>®</sup> is an app designed to *help boost our mood*, deal with stressful problems and keep us *feeling great!*





# Meet the **WiseNinja**

The **WiseNinja** is your personal virtual guide built into the app. Specially trained to help young people deal with day to day challenges affecting moods, thoughts and feelings.

You can chat to the **WiseNinja** about worries, unhelpful thoughts, feeling low and many other topics that affect our moods anytime **24/7**





How can ThinkNinja<sup>®</sup> help *you*?

Learn how to relax

Worried about exams

Coping with difficult feelings in the moment

Feeling stressed

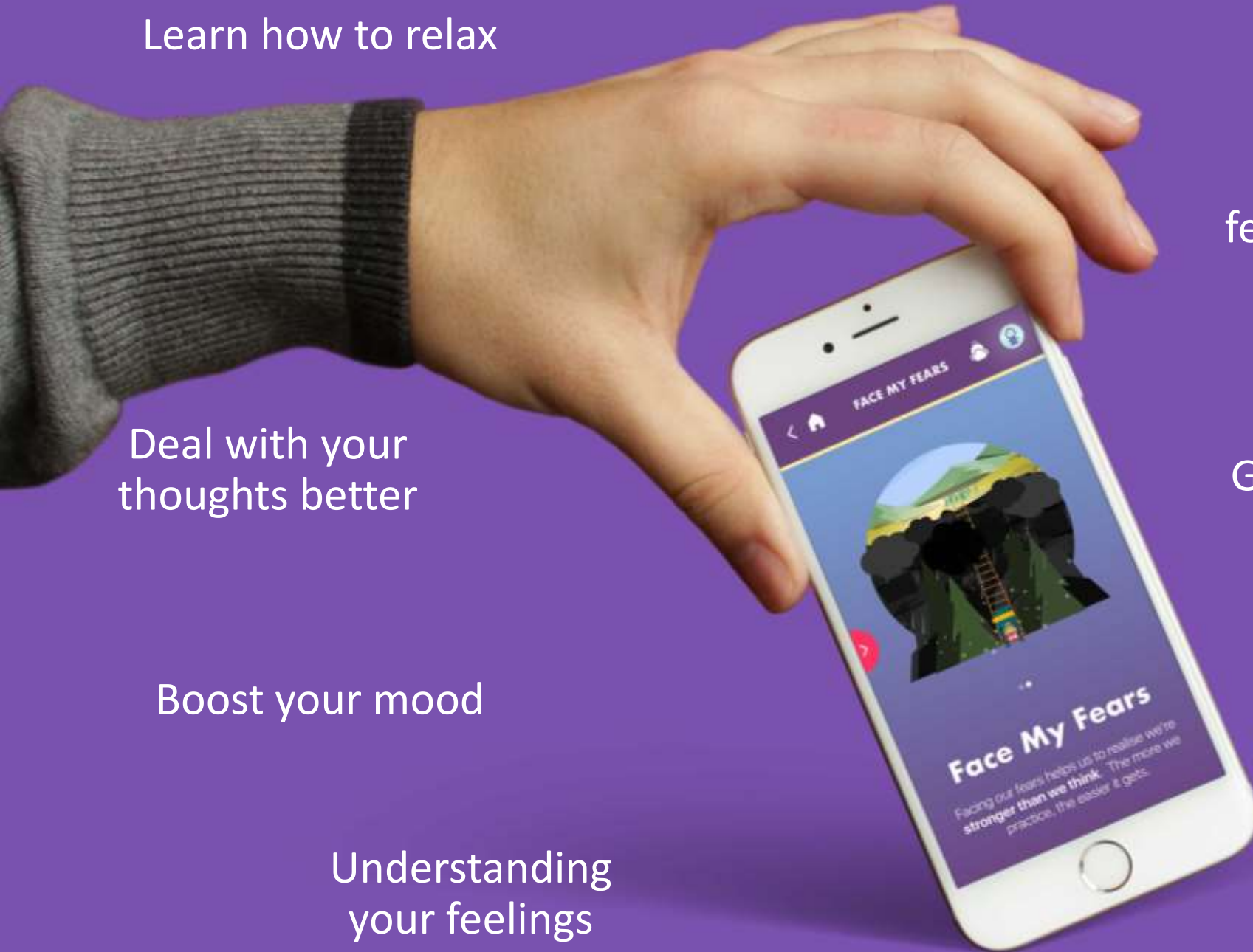
Deal with your thoughts better

Get better sleep

Boost your mood

Understanding your feelings

Reach your personal goals



2

Download and install **ThinkNinja**



# How to get ThinkNinja®



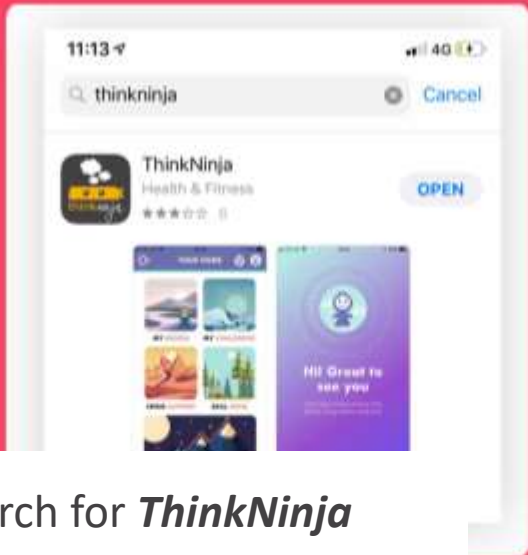
3

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 apps 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

“I’m not alone”





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<sup>®</sup> for FREE





Thank you