

## **Is the Brain in Hand the solution for you?**

Brain in Hand is a digital support system which helps people with making decisions, managing anxiety, and dealing with unexpected situations. The Brain in Hand system is a proven tool for people with mental health difficulties. It puts people in control, providing a practical digital solution.

Brain in Hand empowers people to easily access strategies that work for them from their phone or tablet, whenever it's needed, wherever they are. People can be supported remotely, and stay connected to their supporters (our staff, family or friends – you identify).

Brain in Hand will help you to achieve your goals. See for further information: <https://braininhand.co.uk/for-me/#about>

If this sounds like something that could help you, please contact us for more information. Brain in Hand is free and works through an App. We provide support to help you set it up and populate with information to support you.

**To discuss how Brain in Hand could help you:**

**Contact Hannalease Newton on 07923256981**