



As a direct response to the current crisis, Healios have updated ThinkNinja with specific COVID-19 support scripts. The new content brings self-help skills and knowledge to young people (10-18 years old) who maybe experiencing increased anxiety and stress during this time.

#### Open Access

Healios have also made ThinkNinja open to all young people during the crisis, so it is freely available to everyone across the UK.

The new COVID-19 content provides an opportunity for young people to understand the following aspects:

- \* Fears relating to the virus
- \* Isolation struggles and how to stay connected to family and friends
- \* Worries about personal health and health of family members
- \* Coping techniques to use during the crisis
- \* Other helpful tips

If you want to know more about ThinkNinja please go to the following website:

<https://www.healios.org.uk/services/thinkninja1>