

What is Brain in Hand and how can it help?

DIGITAL TOOLS for 14-18 year old autistic young people in Herefordshire and Worcestershire

Simple, easy to use, practical digital tools to help with, managing anxiety, remembering things, building confidence, creating structure and positive routines.

Find out more: [Click to watch our video explainer](#)



Help planning and personalising



Each Brain in Hand user works with one of our dedicated coaches to work out what's important to them, what they find difficult, and how they can use their own strengths and skills to overcome challenges.

If you are supporting a young person and you both feel it's appropriate, we encourage you to attend their sessions with their coach. This is important if you'll be supporting them to use Brain in Hand, but if they'll have another supporter or would prefer to keep some of the personal details private (sorry, parents, it happens!), it may not be appropriate.



Simple tech

Digital tools accessible any time through a phone or tablet: a diary for structuring each day and setting reminders, a library of strategies for dealing with difficult situations, and a traffic light system that helps people monitor how they're doing.



Help when it's needed

The traffic light system allows users to indicate when they need a hand by pressing the red button, or three ambers in a row. Depending on the circumstances, users may be connected to a Brain in Hand Response Service, who can help them work out what to do when things are tough. Users can also be connected to a parent or school supporter. We work closely with parents, supporters and young people to work out what would be best and safest for them.

Questions? You can contact us on 01392 247909 or email: support@braininhand.co.uk and ask for information about the Herefordshire and Worcestershire pilot scheme.