

# Aye Mind

## Digital Approaches to Youth Mental Health

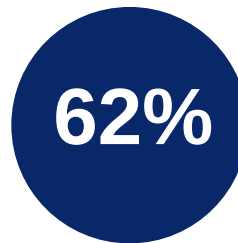


**Why digital?** Being online and using social media is key to young people's lives. We know that this can create risks for youth mental health. But it can create opportunities too and we need to help and support young people develop the skills and perspective to navigate the digital aspects of their lives.



Young people aged 18-24 are spending an average of **5 hours and 6 minutes** each day online.

*Source*



of internet users aged 13+ have encountered a potential online harm in the last 4 weeks.

*Source*

**What is Aye Mind?** It's a website for adults working with children and young people. It aims to build their confidence to use digital tools and engage with the online environment and how it impacts children and young people's mental health and wellbeing.



*Click on logo to visit website*

**aye mind**

Aye Mind has been developed as a result of partnership working with a range of organisations, including our latest partners, Third Sector Lab, YouthLink Scotland, Glasgow School of Art, Specialist Children's Services at NHS Greater Glasgow and Clyde and East Renfrewshire Health and Social Care Partnership.

### What are people saying about Aye Mind?

"I'm excited that the new refreshed site is ready to be launched. Aye Mind has been around for more than 7 years and has evolved from the original co-produced, innovative partnership designed site to a fresher streamlined resource aimed at supporting staff who support children and young people's mental health and wellbeing. Whilst online approaches to mental health should never replace face to face support; the site will help to promote help-seeking behaviours and equip those who work with young people to be more confident to access appropriate support materials. We hope that the site will be a valuable tool for staff and welcome any feedback and suggestions for content to enable it to be current and useful".

**Heather Sloan, Health Improvement Lead (Mental Health),  
NHS Greater Glasgow and Clyde**

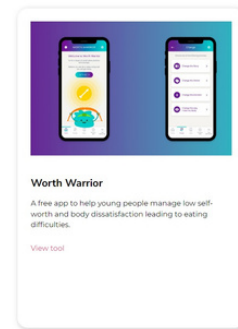
"Aye Mind is a great support for mental and emotional wellbeing for young people and an invaluable resource for youth workers. This was a great opportunity to build on the success of the original AyeMind site and create a collaborative resource that can expand over time and something YouthLink Scotland wanted to support."

**Orielle Taylor,  
YouthLink Scotland**

# Key Features of Aye mind

Click on images to download information

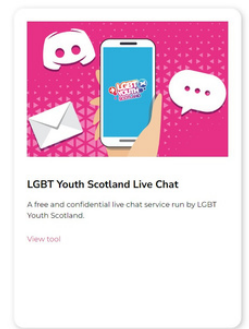
Download our **free comprehensive toolkit** to guide you on your digital journey. It includes a range of topics from 'Why digital youth mental health', 'Young people's online lives', 'Evaluating digital tools', to 'Starting your online journey'.



#### Worth Warrior

A free app to help young people manage low self-worth and body dissatisfaction leading to eating difficulties.

[View tool](#)



#### LGBT Youth Scotland Live Chat

A free and confidential live chat service run by LGBT Youth Scotland.

[View tool](#)

Browse through a range of **digital tools** that can be used to support children and young people's mental health and wellbeing.



#### Pride & Pixels

A youth work guide to using Discord

A guide to using instant messaging social media platform, Discord, when engaging with children and young people.

[View guide](#)



#### How to run safe and ethical online focus groups

A guide that covers how to run online focus groups with young people on a sensitive topic in an ethical and safe way.

[View guide](#)

Explore our bank of **'How-to Guides'**. These are guides written by local organisations outlining the exact steps to follow to use digital tools yourself to support children and young people's mental health and wellbeing. Includes a range of topics, from how to run safe and ethical online focus groups and workshops with children and young people, to innovative ways of providing signposting information and more.

Discover more tips and best practice on our **BLOG**. Will cover a range of key digital youth mental health themes, including screen time, sleep, among others.



## How can I get involved in Aye Mind?

Sign up for our **Aye Mind newsletter**: You can also stay in touch with us by signing up for our monthly Aye Mind newsletter. Each month, we'll take a deep dive into some of the most pressing digital themes surrounding children and young people's mental health and wellbeing, such as screen time and mental health. We'll share resources, the latest research, events and much more.



Join our **Digital Collaborative Group**: We are creating a Digital Collaborative group that will meet quarterly to steer the future direction of Aye Mind, exploring key digital issues affecting children and young peoples' mental health and wellbeing. It is open to anyone with an interest in the area who is working across Greater Glasgow and Clyde.

Follow us on **X (formerly Twitter)**: [@ayemind99](#) where we share a range of mental health improvement information. Keep an eye out for posts to mark World Mental Health Day on the 10th October.



To sign up for the newsletter and/or Digital Collaborative Group, please add your email address to the following form: <https://www.smartsurvey.co.uk/s/P4S6KU/> You can remove your name from either list at any time by emailing us at [ggc.mhead@ggc.scot.nhs.uk](mailto:ggc.mhead@ggc.scot.nhs.uk)