“ it's helped me get my life organized. It's helped me keep my life tracked. It's helped me be aware of my mental and emotional state more than other things, because it's giving me the updates and reminders.” University of Manchester

brain in hand

Helping Students to Succeed in Education

Sarah Hutchings Head of Engagement
Neil Thomas Engagement Manager

A proven track record

Approved for use by:

Rated & approved:

Awards & fellowships:

Phase 1, 2 & 3 Small Business Research Initiative (SBRI) grants from NHS England awarded to businesses with scalable solutions to answer unmet need in health and social care

NHS England and NHS improvement initiative to scale innovation nationally, in 2021.

Working groups and memberships:

Supporter of All Party Parliamentary Group for Assistive Technology

Business membership of AMOSSHE

Business members of BATA (British Assistive Technology Association)

Vice Chair and members of NADP

"I think the biggest way BIH has helped me is the checking in with myself because it can be so overwhelming at times. It's almost like having a little person there saying, is everything all right? Like, have you thought about what's going on? Because it's very easy to get drawn into the emotion of of the moment." University of Bolton

*The NICE evidence standards framework (ESF) describes the evidence standards for digital health technologies to demonstrate their value. Tier C is currently the highest evidence standard for digital technologies.

What is Brain in Hand?

Digital Support

Mobile app

In-the-moment support, with co-created solution packs, to-do lists, prompts and reminders

Desktop app

Personalise and develop strategies, with templates and calendar integration* to develop pre-programmed strategies

Human Support

Coaching

Scheduled sessions to get started plus regular check-ins for the licence duration

On-demand support

24/7 UK-based on-demand BiH support (text / email / telephone), or connection to own supporter, to offer student choice

"Sometimes you kind of feel alone and that there's no one to kind of check in with you. But having BIH made me kind of realise that if I did want to reach out, that there's someone ready there." University of Bolton

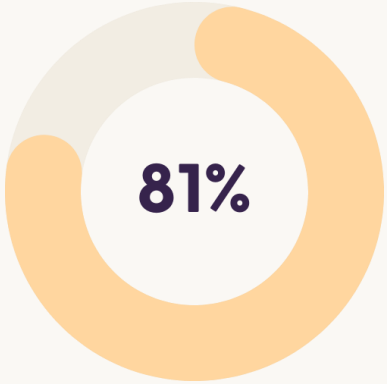
* Launching soon

Where Brain in Hand makes the most impact

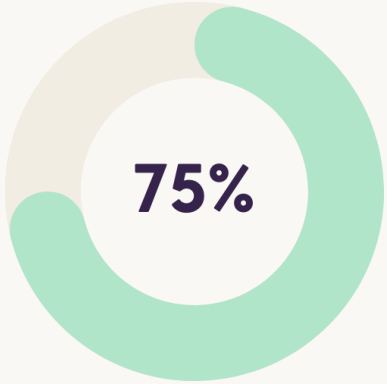
- Manage overwhelm
- Reduce anxiety
- Gain motivation

Evidence based, student experience

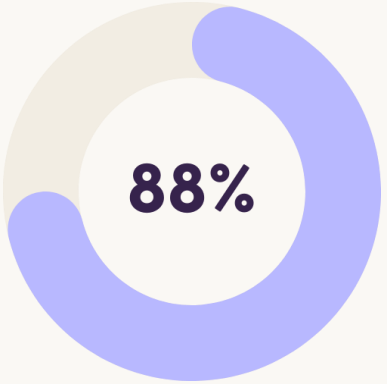
We currently support 10% of all students and 50% of autistic students funded through DSA and over 50% of all referrals are students facing MH difficulties.



of students said that they feel more confident managing their day-to-day activities



of students felt more able to participate at university



of students felt more able to cope with day-to-day stressors

See all results here

Megan’s story

Student: University of Worcester
About: 3rd year student – struggling with depression and anxiety
Challenge: Time management and organisation

Planning & strategies with coach

Understanding emotions

Easy access to support

Impact

- Planning
- Managing anxiety
- Managing overwhelm
- Greater control
- Built confidence

“*Brain in Hand has opened up a world of opportunity for me, which I didn’t even think was possible*”

Ellie’s story

Student: **Open University**
About: Part time student – Autistic and ADHD
Challenge: Executive functioning, Anxiety and Emotional Regulation

---

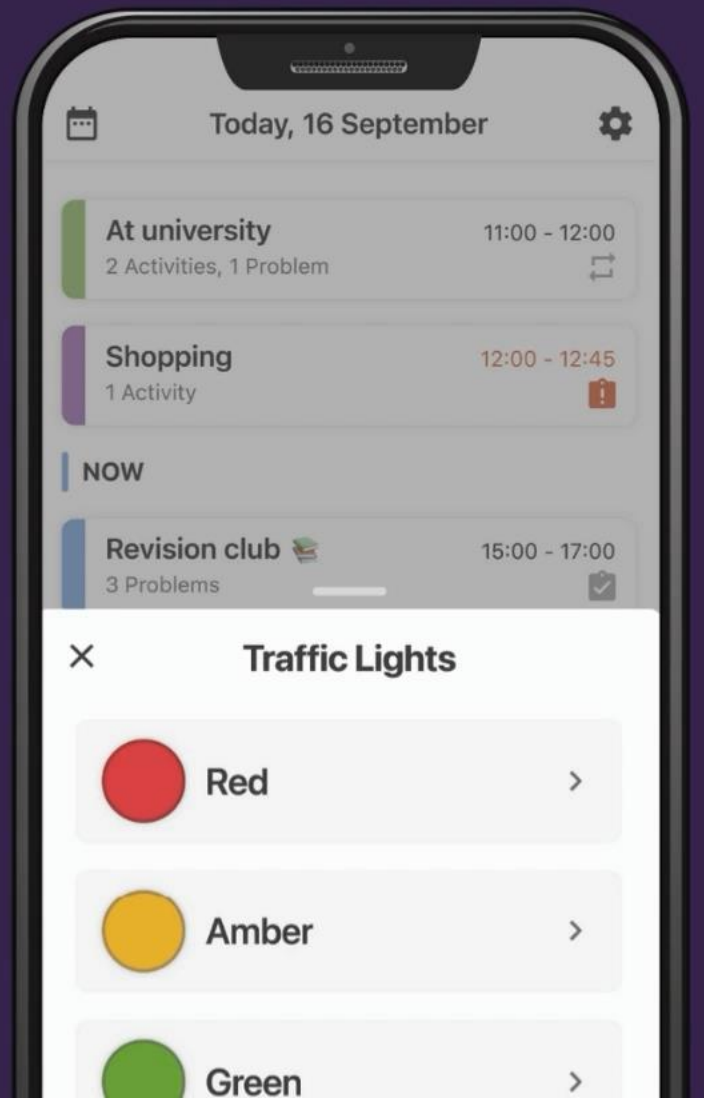
Planning & strategies with coach

Understanding emotions

Easy access to support

- Planning
- Emotional Regulation
- Social Difficulties
- Building confidence

“*Brain in Hand has helped me to keep track of all of my academic events and achieve my goals, but it’s also helped me to monitor and regulate how I’m feeling so that I can manage my anxieties*”


Today, 16 September
At university
11:00 - 12:00
2 Activities, 1 Problem
Shopping
12:00 - 12:45
1 Activity
NOW
Revision club
15:00 - 17:00
3 Problems
Traffic Lights
Red
Amber
Green

Download the app

Username: **student@bih-demo**

Password: **StudentDemo123**

Please do not share sign-in details with students,
as the demo does not have full functionality

brain in hand