

Ask Aunty Dee Well Being App

Information Sheet



Purpose

The purpose of the 'Ask Aunty Dee' well being app is to help people cope with stressful life experiences through support with problem solving.

How does it work?

We're not born with the skills to problem solve, we need to develop them. Sometimes for young people, the development of these skills does not seem to match the complexity of the problems they are facing in everyday life. This can lead to feeling overwhelmed, distressed, angry, confused or even depressed.

Aunty Dee provides structured problem solving in a self-reflective way. She guides the user to identify real problems, generate solutions and then act. Aunty Dee does not provide answers, she guides the user to think about and explore problems in a structured way.

This approach is based on Cognitive Behavioural Therapy, a psychological treatment shown to be effective for reducing depressive symptoms for young people. Structured problem solving has also shown promising results for reducing risk of suicide. But often these proven interventions aren't always accessible for vulnerable or underprivileged young people. That's why Ask Aunty Dee is free!

It's a web-based application designed that works on smartphones, tablets and desktop computers.

Why Aunty Dee?

It's called Ask Aunty Dee because in many Pacific communities young people often go to their Aunties (or aunty type figure) for advice and help. Aunty Dee can provide access to support in an engaging and non-stigmatizing way. The app will also provide up to date information on where to get the right help when they need it.

This app is for everyone! The target population is Pacific and Maori young people aged 14-25 years, but is free for all to use. It has been co-designed and tested by Le Va with Pasifika young people from across the country.

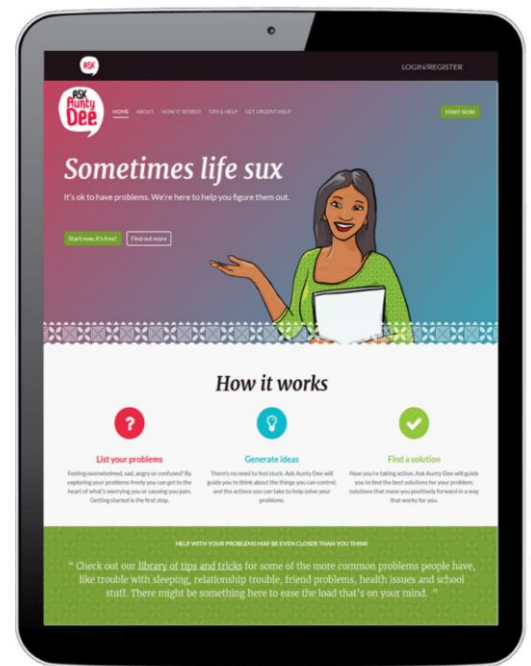
Other cool stuff about Ask Aunty Dee.

The app will also provide useful tips and information on common problems they may be going through, and where to get the right help when they need it.

Users can send a copy of their solutions and plan to themselves, and also send to others like a friend, parent, teacher or therapist – so it becomes a tool for all to help give support.

Users can also choose to let us see in real time some of the issues going on for our young people (anonymous and confidential). This info can feed in to developing targeted well being programmes that addresses issues that are current.

Give it a go yourself today and send out to your networks!



www.askauntydee.co.nz