



# aye mind

Digital youth mental health news, research, resources, and developments.

Issue 01

## About Aye Mind

We're excited to launch the first edition of our newsletter. Each month, we'll be sharing the most pressing digital topics relating to children and young people's (CYP) mental health and wellbeing.

This month, we are getting you closer to Aye Mind itself. It's our new website for those working with children and young people (CYP). It will help you develop vital skills and confidence in using digital tools to support CYP's mental health and wellbeing.

[Visit Aye Mind](#)



## Toolkit

We have created a free toolkit that will guide you through using digital technologies to support children and young people's mental health and wellbeing.

It covers a range of key topics from 'Why youth mental health and digital', to exploring young people's online lives, how to evaluate digital tools, and getting started on your digital journey.

[Download the toolkit](#)



## Guides

We also have an ever-growing bank of 'How-to Guides' written by local organisations about how to use digital tools to support children and young people's mental health and wellbeing.

These guides share best practice examples of what works. They outline simple step-by-step instructions you can follow to apply the learnings in your own local context.

[Explore the collection](#)





## Digital Tools

We're building a bank of digital tools that could be used to support CYP's mental health and wellbeing. Tools can be filtered by mental health area or type of tool, and cover a range of topics including anxiety, sleep, eating disorders and more.

We don't endorse any particular tool, so if you do use them, remember to **be curious but stay critical**.

[Explore digital tools](#)

## Latest Blogs

You can discover more on our blog. This month, dive into the following blogs about the Aye Mind re-development:

- [Another Giant Leap - Digital Approaches to Youth Mental Health, Revisited and Refreshed](#)
- [The Aye Mind Co-Production Journey](#)
- [Designing for people that will be using this website – that's you!](#)



## Events & Funding

- [DigiFest23](#) – Scotland's annual digital health, housing, and care event. Free online and in-person sessions, October – December 2023.
- [Tech for Good Scotland](#) – Meet others using digital as a tool for positive change. Organised by Third Sector Lab. Tuesday 24th October, 2023, 10.00 am – 12.00 pm, BJSS Glasgow.
- **[Funding]** [Digital Participation Charter Fund](#) - Support to embed digital upskilling in services. Deadline 3rd November 2023.