



# Aunty Dee online wellbeing tool



## Purpose

The purpose of the 'Aunty Dee' wellbeing tool is to help people cope with stressful life experiences through support with problem solving.

## Why do we need Aunty Dee?

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 people to identify real problems, generate solutions and then act. Aunty Dee does not provide answers, she guides the person to think about and explore problems in a structured way.

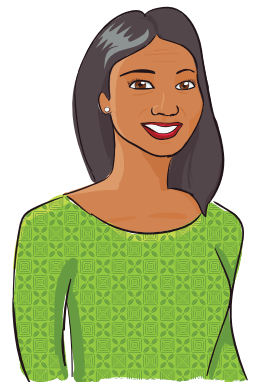
This approach is based on Cognitive Behavioural Therapy, a psychological treatment shown to be effective for reducing depressive symptoms for young people. Structured problem solving has also shown promising results for reducing risk of suicide.

But often these proven interventions aren't always accessible for vulnerable or underprivileged young people. That's why Aunty Dee is free! It's a web-based tool that works on smartphones, tablets and desktop computers.

## Why Aunty Dee?

It's called Aunty Dee because in many Pacific communities young people often go to their aunts (or aunty type figure) for advice and help.

Aunty Dee can provide access to support in an engaging and non-stigmatising way. The tool will also provide up to date information on where to get the right help when people need it.



## Aunty Dee is for everyone!

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

## Other cool stuff about Aunty Dee




The Aunty Dee website also provides useful tips and information on common problems young people may be going through, and where to get the right help when they need it.

People can send a copy of their solutions and plan to themselves, and also send them to others like a friend, parent, teacher or therapist – so it becomes a tool for all to help give support. Users are also letting us see, in real time, some of the issues going on for our young people (anonymously and confidentially). This info can feed in to developing targeted wellbeing programmes that address the issues that are relevant to our young people today.

## How Aunty Dee works

Aunty Dee is a free online tool for anyone who needs some help working through a problem or problems. It doesn't matter what the problem is, Aunty Dee helps people work it through.

## Quite simply, Aunty Dee guides people to:

-  **List their problems**
-  **Generate ideas**
-  **Find solutions**

Aunty Dee can be used to work through one problem, or many problems. People can use Aunty Dee over and over again – it's completely up to the user.

Because it's a web-based tool, there are no big apps to download that use up storage space or precious data.

## *A problem shared, is a problem halved*




It's important to understand that Aunty Dee doesn't generate content or provide answers; it guides people to think about and explore problems in structured way.

In doing so, this helps them move proactively towards solutions to their problems, instead of allowing problems to become overwhelming.

## People don't have to register to use Aunty Dee, but they might want to

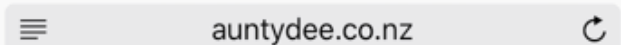
If people find Aunty Dee helpful, and think they'll use it a lot, it's worth registering. There's no cost to register. It's not about money – it's about being there to help when it is most needed.

## When people register with Aunty Dee, they:

-  have access to their problems and plans in one handy place
-  can revisit their plans and problems and the ideas and solutions generated at any time
-  can save what they're doing at any point in the process, and come back to it later.

## Create a shortcut to Aunty Dee on your phone in four easy steps

1. Go to the homepage: [www.auntydee.co.nz](http://www.auntydee.co.nz)



2. Once it opens up, for:

androids: tap the three dots (top-right corner)



iPhones: tap the square with an arrow on it (bottom tool bar)



3. Tap 'Add to Home Screen'

4. A shortcut to the Aunty Dee webpage will be available on your home screen.



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