



Helping you...

cope with anxiety, depression and stress

Introduction:

Anxiety, depression and stress can affect anyone, it's horrible and debilitating and affects 20% of younger people in the UK area.

Many young people don't know how to cope and are unaware of the help that's out there. That's why BASE was created by Solent NHS Trust's, Child and Adolescent Mental Health Service (CAMHS).



What is BASE?

- The app allows you to write diary entries which will help keep track of when your stress and anxiety might be at its best or worst.
- BASE provides handy tips on how to calm down, as well as providing the 5 most popular app games to help you relax and distract you from your stressful day.
- It produces reports which show you the emotions you feel the most and logs this data into a 7 day graph so you can see how much you mood changes over a week! **This is completely private to you.**

Where can I download it from?

You can download BASE from your app store by searching for: **Solent NHS Trust BASE**. Or to get the app directly go to: [Solentcamhs.nhs.uk/base](https://solentcamhs.nhs.uk/base).

Step by Step:

1. Add a diary entry
2. Change the "how do you feel" gauge, to indicate how you're feeling
3. Pick any one or more of the emotions
4. Write your entry, include what's happened throughout the day to make you feel the way you do
5. Once that's done save the entry.
6. The more you add entries the more data the app collects so it can produce graphs and emotion reports
7. There are relaxation tips for information and advice
8. You can also look back over your previous diary entries and share them with a nurse, doctor, GP or therapist.





This is Alex's story...

"Anxiety was a nightmare, a constant worry,

I was never involved with friends and was always left behind which ultimately made my anxiety worse as I had no one to turn to.

Anxiety stopped me from doing things I liked, it's hard to explain but when you have anxiety you are always worried about what people think of you and what's classed as normal. So when you're left behind by your friends it highlights those fears.

I now know what triggers me to become stressed and anxious and I can try and prevent it.

Before I came to CAMHS and before I was told to download BASE I felt alone and embarrassed. I was always most stressed about being anxious, it was a vicious circle. However, through the help of CAMHS and BASE it's helped me manage my stress levels, and show me what triggers my stress and anxiety. I try to challenge myself to talk more about my feelings and face the problem instead of hiding from it.

I would definitely recommend BASE to more people.

The app allowed me to have something when no one was around to talk to. It was always useful to know that if I was alone waiting for a bus or at break time I could take out my phone and use BASE to play the games to distract me from my anxiety and help me unwind".



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