

WELCOME TO



YOUR GUIDE TO MENTAL RESILIENCE



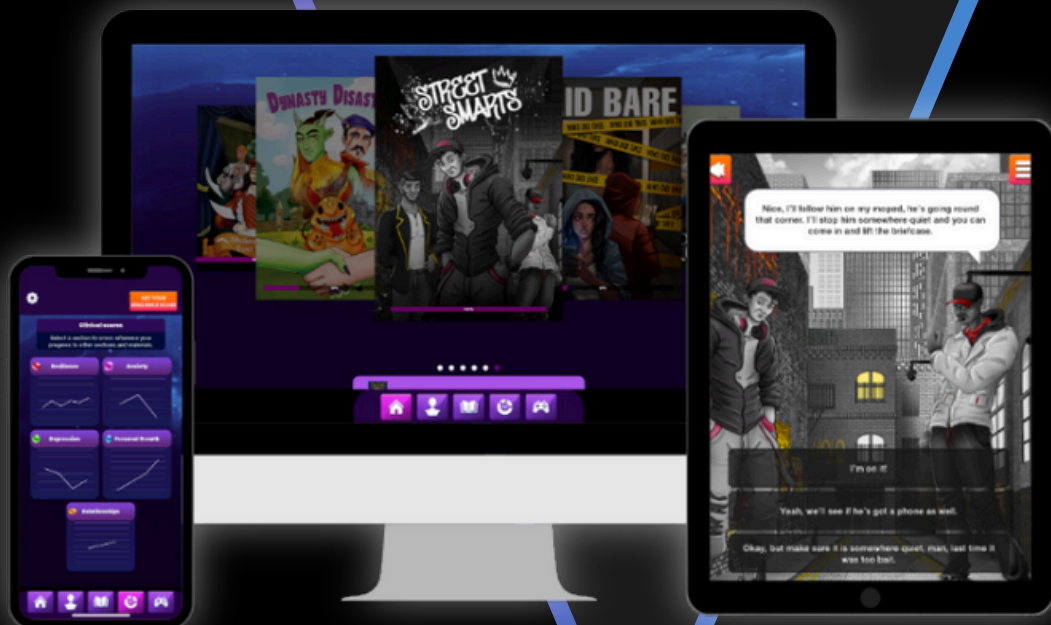
Clinically proven to boost mental resilience & lower depression and anxiety levels.



In-game certification to strengthen your CV or university applications.



Personalised guidance and interventions, ensuring that you get support tailored.



How Does eQuoo Work?

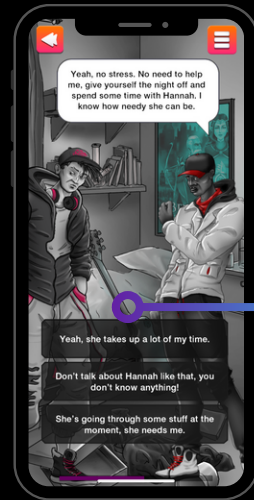


Home Page

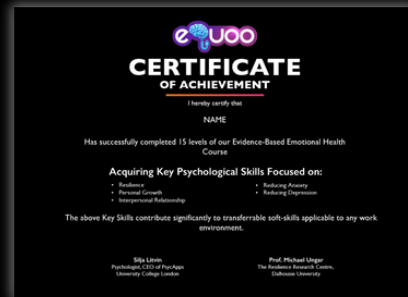
In our stories, you decide what happens next! Gain psychological insight behind your decisions and learn the skills to improve your real life!



Each chapter covers a different psychological skill. You are greeted by Joy who walks you through this skill.

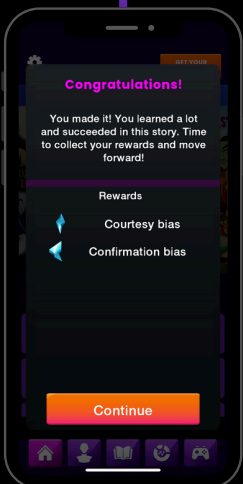


You make decisions that impact the trajectory of the characters' lives. It's up to you how you use the skills you're learning!

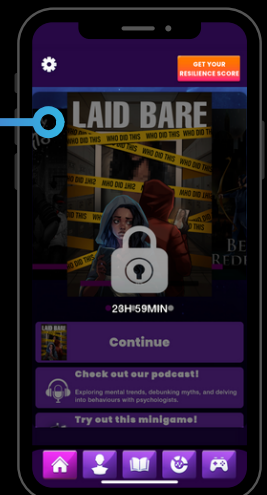


This proves to employers that you are dedicated to bettering yourself and overcoming adversity!

After completing 15 chapters, you will receive the Certificate of Mental Resilience.



After playing 3 chapters, you are locked out for 24 hours. This gives you chance to absorb what you've learnt.



Download eQuoo
www.equooonline

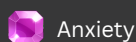
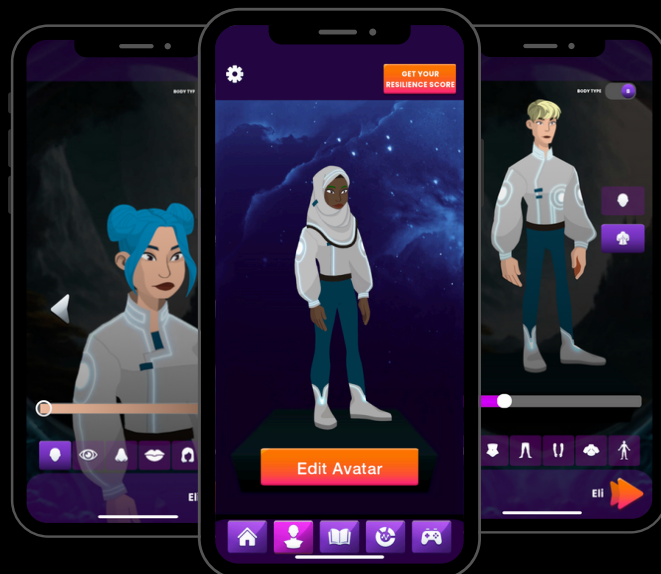


How Does eQuoo Work?



Avatars

Making an avatar can help you feel really part of the stories. You can tailor your body dimensions, skin colour, eyes, hair, nose - EVERYTHING. You can make an avatar that looks like you or get creative!



Anxiety



Resilience



Personal Growth



Relationships



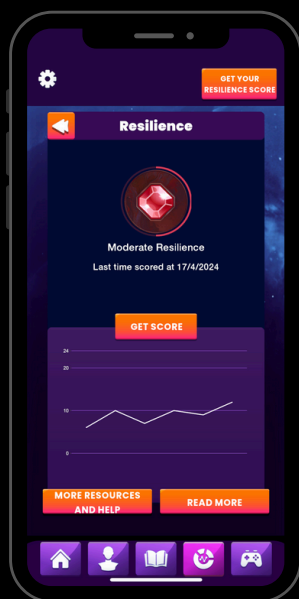
Depression

Clinical Scores



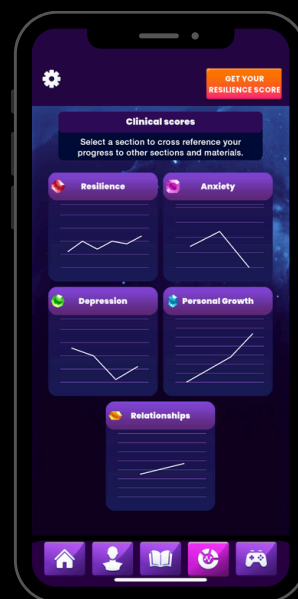
1

Joy will ask you some questions. Answer them honestly, but don't think too hard about them.



2

After completion, she will give you a clinical score. Joy will also signpost you to relevant your triage links should you rank high for depression, anxiety or low for resilience.



3

You can track your scores in all 5 areas and see how you are progressing and growing over time.



Our Stories



Jake's at a crossroads. Should he risk serious jail time to sell drugs or say no to the cash that he needs?

 Resilience



Your best friend's private pictures get leaked in the middle of an assembly. Can you support her and find out who's behind it?

 Resilience



People commit crimes but can't remember it. Can you help solve the mystery and stay out of danger?

 Resilience  Anti-anxiety
 Personal Growth



Two armies clash in battle. As a diplomat, you're trying to prevent a fight, but love, poison and betrayal get in the way.

 Personal Growth



Trolls are stubborn and eat weird things...and now you have to move in with their Regent to prevent a war!

 Resilience  Anti-depression
 Personal Growth



Can you help your new friend Shakespeare achieve his destiny? He's a bit of a wildcard!











 Personal Growth



Psychological Skills

Learning how to overcome common but unhelpful thought processes is a skill. Through eQuoo, you can learn 50+ skills to help you identify and redirect negative thought processes and strategies to boost your mental wellbeing.

Skill Highlights

-  **Physical Detection:** Understanding the link between your physical symptoms and mental health.
-  **Safety Behaviour:** Behaviour that fosters hollow comfort. Examples include drinking or using drugs to feel more relaxed or not going to school or college to avoid someone because it feels easier to avoid them.
-  **Negative Automatic Thoughts (NAT's):** Spontaneous, irrational, self-defeating thoughts towards a situation, person or environment.
-  **Assertiveness Training:** Learning how to be more direct and communicative and sharing your true thoughts or feelings.
-  **Sleep Hygiene:** The quality of your sleep and things around it, like having a good bedtime routine.
-  **Must and Ought Statements:** Thinking about yourself and the world in ways that conform to rules, like "he should have done that", or "I must succeed". When we develop these rules for others and ourselves, it can be really distressing when violations occur.
-  **Action Bias:** The tendency to take action, even when negative or risky, in order to take back a sense of control. Typically driven by emotions, this is instead of inaction, like waiting to see what happens.
-  **Self-efficacy:** The extent to which we believe in our capacity for success, like how well we think we would be at handling a problem, or how good we think we would be in a certain role.
-  **Mirroring:** Copying something about someone else in our presence, like their mannerisms. Sometimes we do this unconsciously to establish a deeper connection with the person.
-  **Self-serving Bias:** The tendency to attribute our successes to internal, personal factors, and our failures to external, situational factors.

