

اليد المساعدة - The Helping Hand

- a digital game in Arabic for training social and emotional skills

In The Helping Hand you help a friend to master emotional challenges, such as fear of giving presentations, dealing with criticism, suicidal thoughts and bad memories. The game can be used as pure self-help, in psychosocial services (PSS) in formal- and non-formal education, or in blended learning.



The concept is based on The Psychological first aid kit, an award-winning evidence-based method developed by Dr. Solfrid Raknes and collaborators in Norway. The Helping Hand program has been found to be useful for Arabic children across economic and religious divides in Lebanon since 2017. Through playing the game, students learn the basics of the cognitive model. They also learn to use a tool which can help them to practice solving emotional problems.

- PSS for adolescents 13 - 17
- Selfhelp or in education
- Built on the cognitive model
- Application for phones and tablets
- Arabic
- Digital, safe, fun and important

The Helping Hand is based on research showing that provision of high-quality psychosocial services to young people is a good investment for well-being, health, learning and economy.

Haugland B., Håland Å., and Wergeland G. (2020). Effectiveness of brief and standard school-based cognitive behavioral interventions for adolescents with anxiety: A randomized non-inferiority study. *Journal of the American Academy of Child & Adolescent Psychiatry*. <https://doi.org/10.1016/j.jaac.2019.12.003>

Heckman JJ, Mosso S (2014). The Economics of Human Development and Social Mobility. *Annual Review of Economics*, 6(1):689-733.

Raknes S & Kolia R (2020). Field Realities: Measuring the Impact of Psycho-social Support Services with Refugees and Internally Displaced Populations

http://solfridraknes.no/filer/Field%20Realities%20of%20Measuring%20PSS%20Impact_FINAL.pdf

Smart A, Sinclair M,...& Williams (2019). NISSEM Global Briefs: Educating for the Social, the Emotional and the Sustainable. <https://www.nissem.org/globalbriefs>

Download on your phone/tablet/computer, search اليد المساعدة

Teacher/PSS manual for use in a 10-hour PSS program:

<http://solfridraknes.no/ar/17-13/>



Young people who have tried the game say

- This is relevant!
- The Helping Hand is a fun way to learn!
- I have learned that it is wise to talk about everything
- I have become a better friend for those who have difficulty around me

A video where Syrians in Lebanon talk about the game:

<https://youtu.be/gABbbFcVT64>



Contact Dr. Raknes for more information and workshops for teachers and PSS staff