



GutFeel

**Deal with how you feel,
get back to doing the
things you love**

GutFeel is an app that helps young people understand **physical symptoms and feelings**. It works with young people to help them feel better, and cope when things are difficult.

How does **GutFeel** work?

Talk about
how you
feel

Have conversations
& understand more
about why you feel
the way you do

Develop a
plan

Plan and track
with **GutFeel** to
manage how
you feel

Live the
life you
want

Access
information from
experts and
people like you

How can I get involved?

We are looking for young people, to commit to **an hour a month**, tell us what works and what doesn't, and help us to make GutFeel better.

Contact us at cameron.macalister@voxsio.com

Created in partnership with **NHS Grampian**