



# AI-assisted skill building and interventions for everyday challenges

## Classroom use

- Model for students (chat, journal, mood tracker, etc..)
- Support students with self-regulation
- Use resources for whole class instruction

Test coming up? Have students create a study plan!



## Personal Use

Support for personal concerns because everyone needs to put on their own oxygen mask before helping others

- Chat about daily stressors
- Mood tracking and journaling
- Video resources for breathing, meditation, & more

## Proactive Skill Building

Skill building support for everyone on topics including:

- Prioritization of Tasks, Interpersonal Conflict
- Relationship Issues, Apologizing, Self-Advocating
- Set Boundaries, Accepting Situations, Grief Coping

## Confidential Space

Confidential and private space  
No one can see what you chat or write about unless you mention self-harm, harm of others, abuse, or harassment

Log in at [app.alongside.care](https://app.alongside.care) on any browser with your school email to access your account!

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