In light of the ongoing struggles and recent COVID pandemic that Lebanese, Syrian, and Palestinian adolescents have had to endure, the implementation of psychosocial services is crucial.

The app "Helping Hands" has been created to help adolescents between the ages of 13 and 17 access the necessary tools to better their mental wellbeing through a 10-session gamified Cognitive Behavioral Therapy (CBT) based application.

A STUDY TESTING CHANGES IN WELLBEING AFTER USING THE APP

A study conducted by Dr. Sofrid Ranknes (2020) measured the wellbeing of 20 displaced adolescents living in the Beqaa Valley, Lebanon, before and after completing 10 psychosocial sessions using the "Helping Hands" app. A questionnaire was given to each student to track engagement and self-reported experiences after each session using the app (Raknes, 2020).

RESULTS AND CHALLENGES

Significant improvements in participant mental being were reported after completing the program with the "Helping Hands" app. This is a positive indicator for promising outcomes if the intervention is implemented on a larger scale.

The program includes listening features for those that are illiterate, allowing them to complete the necessary activities.

A challenge lies in the poor internet connection and lack of available electronics, for use, on campus.

Significant improvements in participant mental being were reported after completing the program with the "Helping Hands" app.