IN HAND

Bringing Balance To Everyday Life
Our team of young people created In Hand as a simple app to help you focus on where you’re at and bring back the balance.
What’s it all about?
Hello, how are you feeling?

Great, keep going!

Be inspired...
"Nothing is ever wrong. We learn from every step we take. Whatever you did today was the way it was meant to be. Be proud of you."

Great keep going!

Do something that makes you smile!

How about talking or writing it down...

Awful
Our Journey...