



Awareness | Accountability | Change

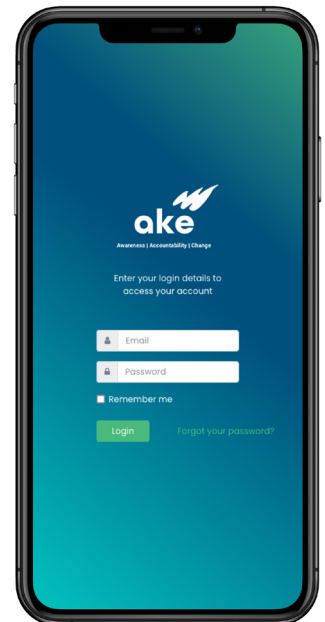
SUPPORT FOR CHANGE

What is Ake?

Ake is a free website with short videos, audio and practical tools that can support you to build awareness and make safer choices. You can use it while you're waiting for a service, alongside a service, or any time you want extra support.

What Ake is not

Ake is not a crisis service and it is not a replacement for professional support. If you or someone else is in immediate danger, please call emergency services.



Quick start

1. Go to akeapp.com
2. Log in or create an account
3. Use the Compass on the Home page to get recommendations
4. Pick one piece of content to start with (that's enough for a day)



akeapp.com

Bookmark in your browser for
easy access!

Frequently Asked Questions

How do I start using Ake?

Go to akeapp.com. Log in, or create an account if you're new.

What happens the first time I use it?

If you've never logged in before, you'll see a "What is Ake?" page with an intro. You can watch the video or read the article, then tap the wavy Ake logo in the top-left to go to the Home page.

Do I have to use the Compass?

No. The Compass is the quickest way to get suggestions that match how you're feeling, but you can also browse the full library by category.

How does the Compass work?

On the Home page, the Compass has four areas: Happy, Quiet, Frustrated, Sad.

Tap where you're at:

- *closer to the centre = the feeling is mild*
- *closer to the edge = the feeling is strong*

Ake will give you around 5 recommendations to choose from.

How do I browse everything by topic?

Tap the menu icon (top-right) to open the side menu, then choose one of the categories to explore the full library.

What do I do once I pick something?

Tap Watch Video to open the content. Each topic includes:

- *a video*
- *a written article*

You can watch the video, read the article, or listen to the article readout.

How much should I do?

One piece of content a day is plenty. You can do more if you want, but it's usually better to choose one thing and actually try it out in real life.

Frequently Asked Questions

Do I need an account?

Yes. Creating an account helps with features like saved progress and (where enabled) service-specific areas.

I forgot my password. What do I do?

Use the Forgot password link on the login screen and follow the steps sent to your email.

Will my practitioner see what I do on Ake?

Ake is designed so you can use it privately. If your service is using any account-based features (like Discussions), they will explain how that works and what is visible.

Why would I use Ake?

People use Ake to:

- *Slow things down when emotions rise*
- *Reflect on patterns and choices*
- *Help with focus between sessions*
- *Build better habits over time*

The 7-day Challenge

Day 1: Open Ake and use the Compass once

Day 2: Watch one short video

Day 3: Read or listen to one article

Day 4: Try one idea in real life

Day 5: Use the Compass again

Day 6: Browse a category and pick one item

Day 7: Bring one takeaway to your next session

How far can you get?



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