




# Bluelce User Guide

## Login


Set your log in PIN number to a number you will remember. You will be asked for your PIN each time you log on.

If you forget your PIN it can be reset by pressing the reset button. Unfortunately you will lose any notes or items you have saved.

## How are you feeling today?

This is the home page where you can check your mood, talk to helplines or friends, or set your mood diary reminder. You can return to the Home page by tapping the top  left menu and selecting home.

## Mood checker

This is the mood wheel – tap the mood that best describes how you are feeling. You can  add a note to explain why you are feeling like this.

## Mood diary

This is a record of the moods you have entered. You will see a calendar and if you select a day you can see all the moods and notes you entered for that day.

## Mood lifter

This is a toolbox of ideas to help you manage your emotions.

## Add notes

Wherever you see ‘record what you did’ or ‘type your notes here’ tap the screen and a box will appear for you to add your notes. Your saved notes will appear in view history.

## Add items

Wherever you see this button you can add your own items. You can do this in most of the mood lifter sections and in the Mood Diary.

## Delete items

You can delete any items that you have added .  
Apple/iOS: swipe left, tap delete

Android: Hold your finger on the item for two seconds. A box will appear and you can click edit, delete or cancel.

## View history

Tap on the menu button and click view history. Here you can view your notes and all the things you entered that you tried to do on each day.

## Privacy

All data you enter is stored on your phone. It is not transmitted or saved anywhere else unless you chose to download or send a copy

## Download your entries

Tap the top right icon on this page to send a copy of the entries you have made to an email address.

## Information

When you see this button you can tap it to find out more information. .

## Set up mood diary reminder


On the Home screen you can set two reminders to record your mood each day. Set the time and click OK.

You can delete reminders by:


Apple/iOS: tap to open timer and select delete.

Android: hold your finger on the reminder time for 2/3 seconds and select the option to delete.

## Exiting Bluelce

Open the top left menu  and select logout.

## Feedback

To send feedback to the Bluelce team open the top left menu  and tap the feedback button.

This will create an email to the Bluelce team..

## **Bluelce is designed to be used alongside face to face work with a mental health worker.**

If Bluelce isn't helping you then discuss this with your mental health worker.