



Software system for self-guided mental health management and outcomes



About AONest

The AONest Learning Management System helps you navigate your mental health concerns independently, without needing to talk to a therapist. It teaches essential life skills and provides pathways to navigate common mental health challenges which are often caused by trauma and the inability to process emotions effectively.

Originally, we designed the solution for Indigenous individuals but we realized that AONest is applicable to anyone who wishes to embrace self-guided self-care.

We have established partnerships with social service agencies, community groups, and First Nations reserves to conduct pilot tests. Thank you for agreeing to participate in our pilots!

System benefits



Self-direction

Individuals can explore and build their own learning pathways, based on personal needs and interests. Each person sets their own pace.



Rigorous review

Resources were prepared by psychologists and/or reviewed by a third party for clinical accuracy.



Ease of use

The system can be used on an individual basis, with support from a peer or worker, or as part of a group. It can be accessed at any time through an internet connection.



Continuous improvement

Content will be expanding regularly. There will be new goal areas and resources added to the system - and all accessible to the user, based on their personal interests.

Help for all stages of life

AONest consists of resources designed to help individuals navigate mental health concerns, improve well-being, and build emotional resilience throughout every stage of life.

Education

Employment

Housing

Child rearing

Aging

Pilot test implementation process



1



Leadership team onboarding

First, AONest will be introduced to your Leadership Team. As we move forward with the pilot project, we can work together to ensure a smooth rollout to your staff members.

2



Staff registration and training

Next, we will set up accounts for all staff members and conduct an initial training session to introduce AONest and the pilot testing program.

3



Implementation

Eventually, we will ask your team to provide the names and email addresses for clients who are interested in using the system. No other personal information will be collected. Support will be provided via primary staff contact or drop-in training sessions.

4



Support and troubleshooting

Throughout the pilot project, we can make the system available to new individuals seeking support. We will be seeking input from your staff about their experiences and we'll ask for feedback to help us improve the system.

5



Ongoing evaluation

Feedback tools (e.g., surveys) developed with users in mind will enable validation and further improvement to the system.