Birmingham's Mental Health App.

Designed & Presented by

Rebecca Bird

Introduction

- In a year, 1 in 4 adults (1 in 5 students) will experience mental illness

- Recovery involves learning to manage the condition
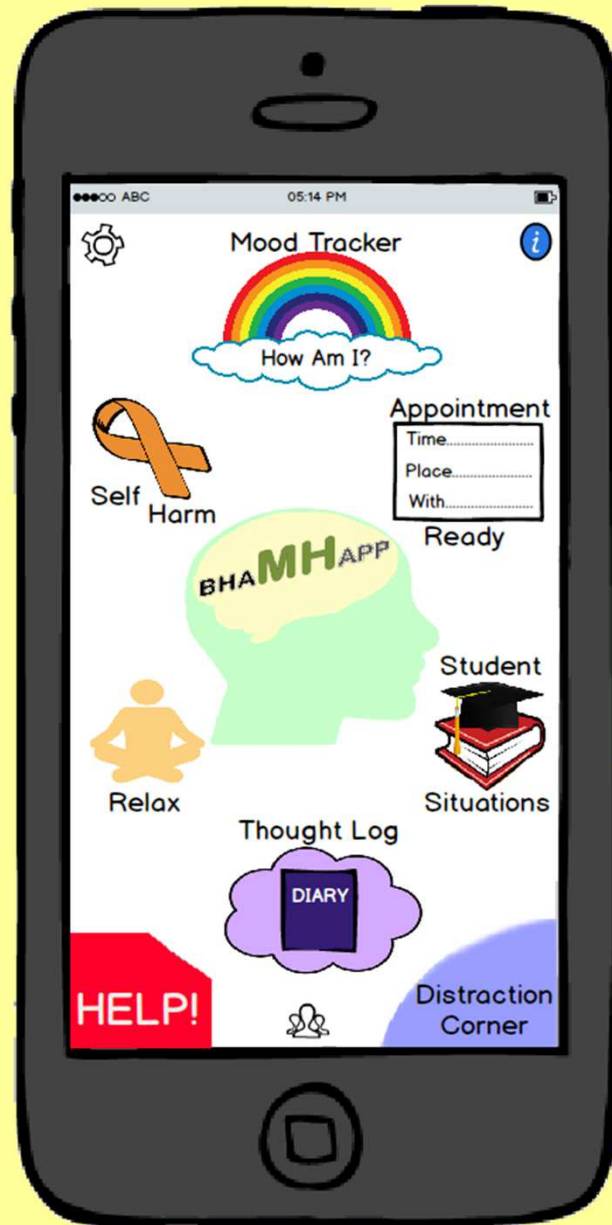
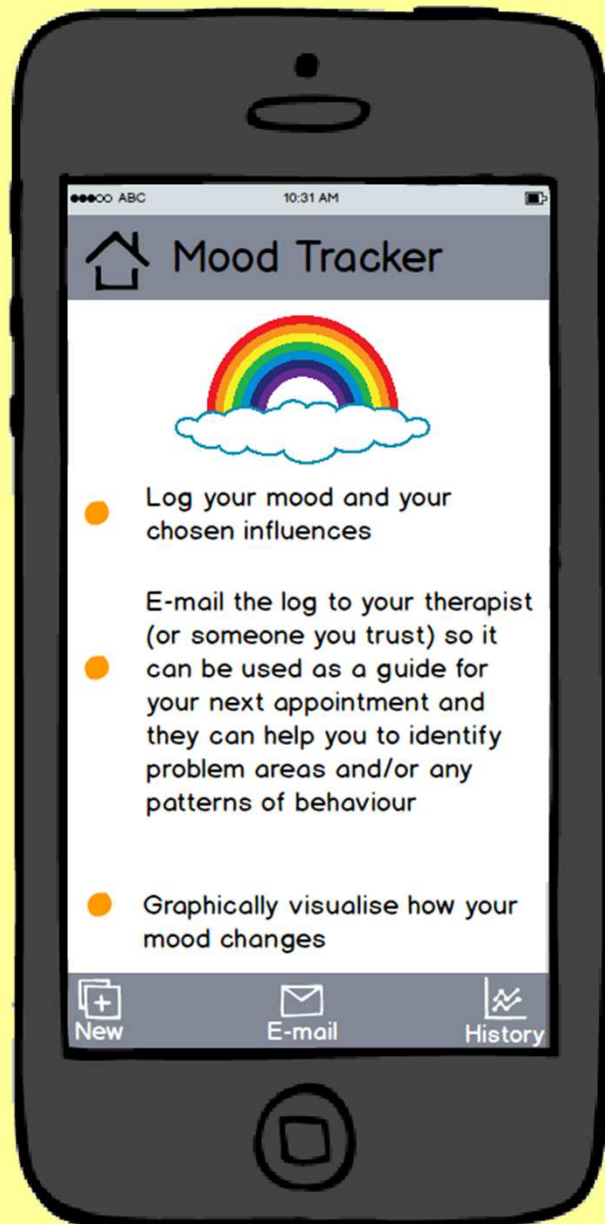- Specifically tailored to students

Welcome

Restricted access:

- **ON by default**

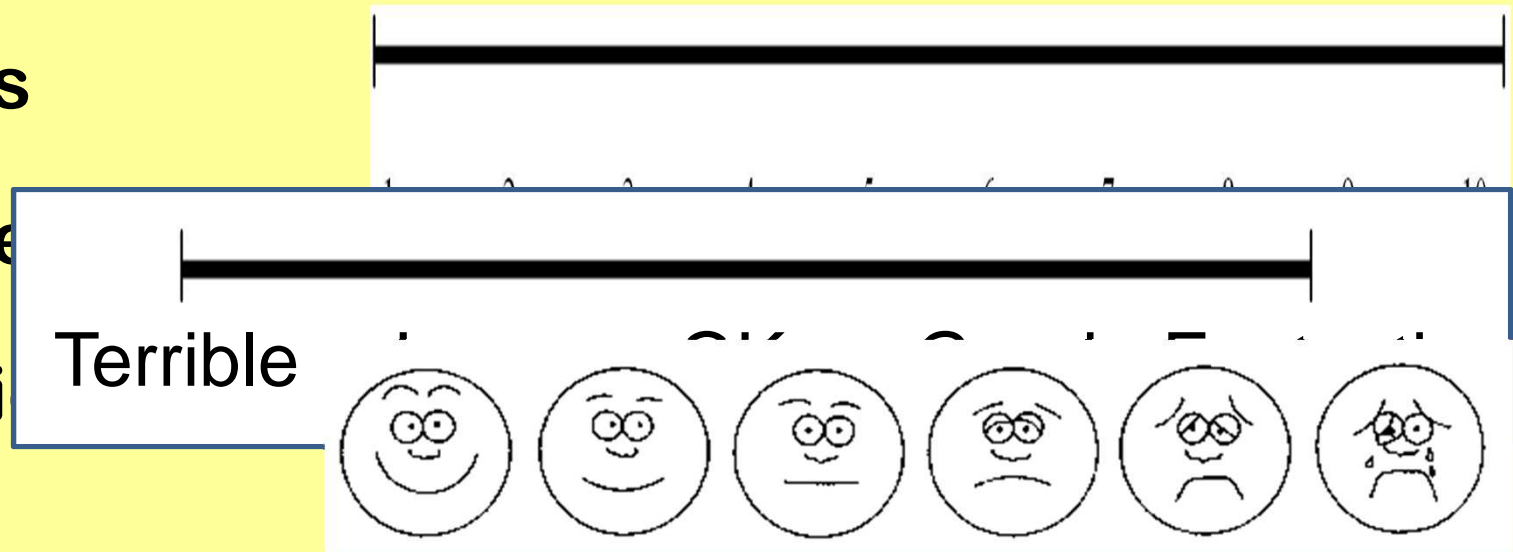- **Choice of how**
  - **+ Voice recognition?**

- **E-mail recovery**

Main Menu

Mood Tracker

- **Log mood:**
  - **Choice of scale**

Mood Tracker - Scales

- **5/10 point scale**
- **Words**
- **"Smile**
- **Emoti**
- **Free**
- **Custom**
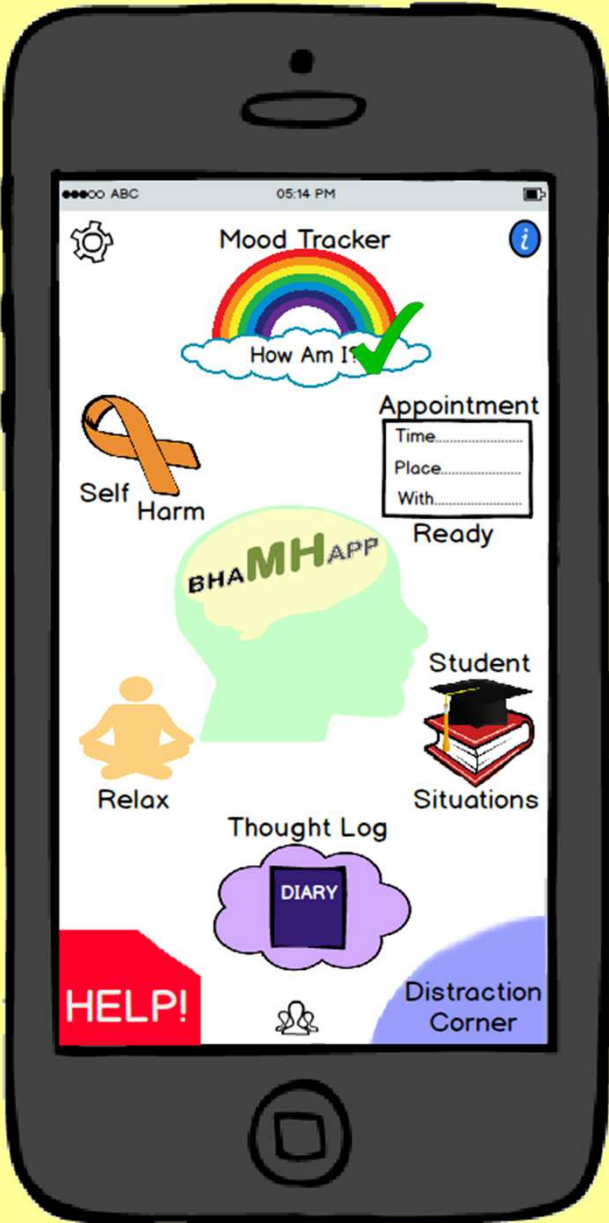
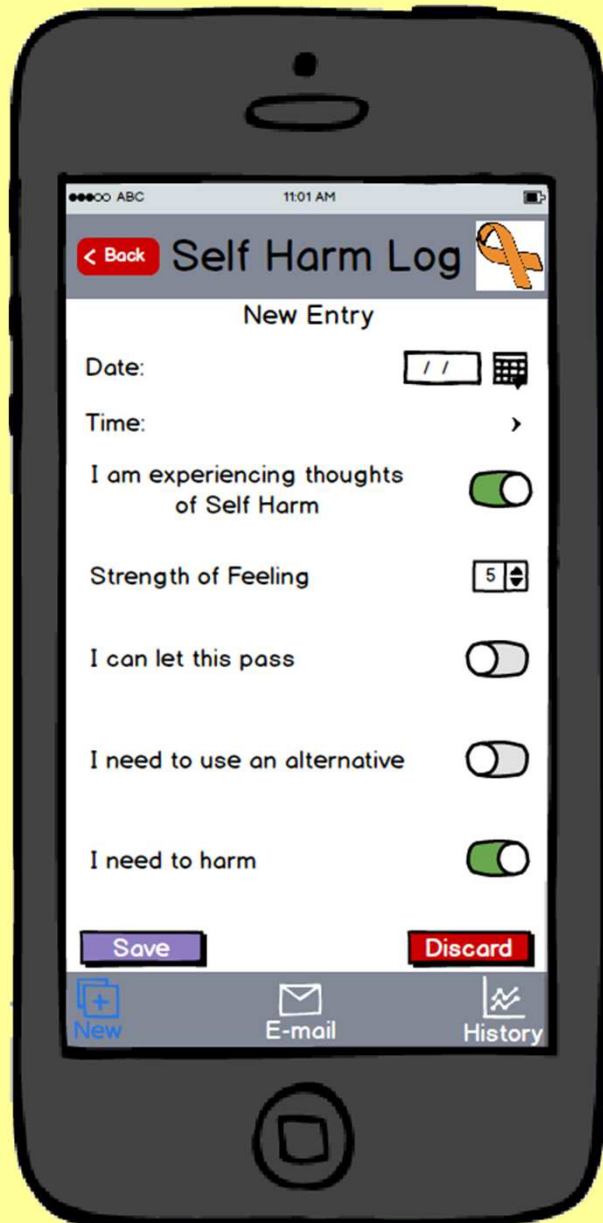Terrible

Mood Tracker
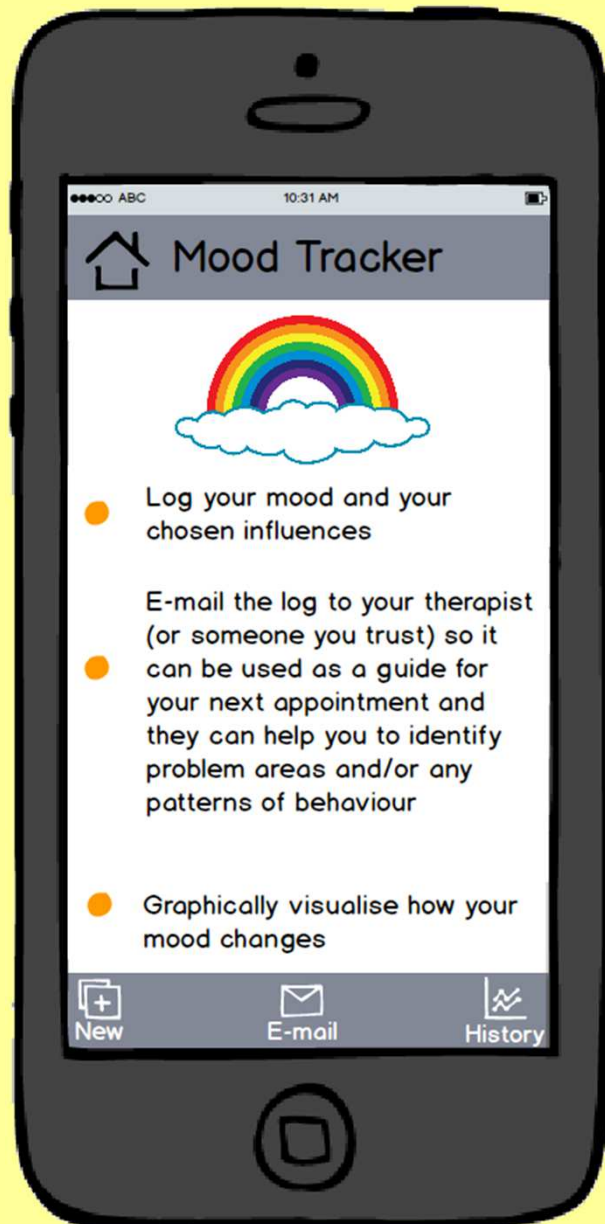
- **Log mood:**
  - **Choice of scale**
  - **Selected influences** *e.g.* **medication, diet, sleep**

- **Visualise how mood changes**

- **E-mail summary of logs** *e.g.* **to therapist**
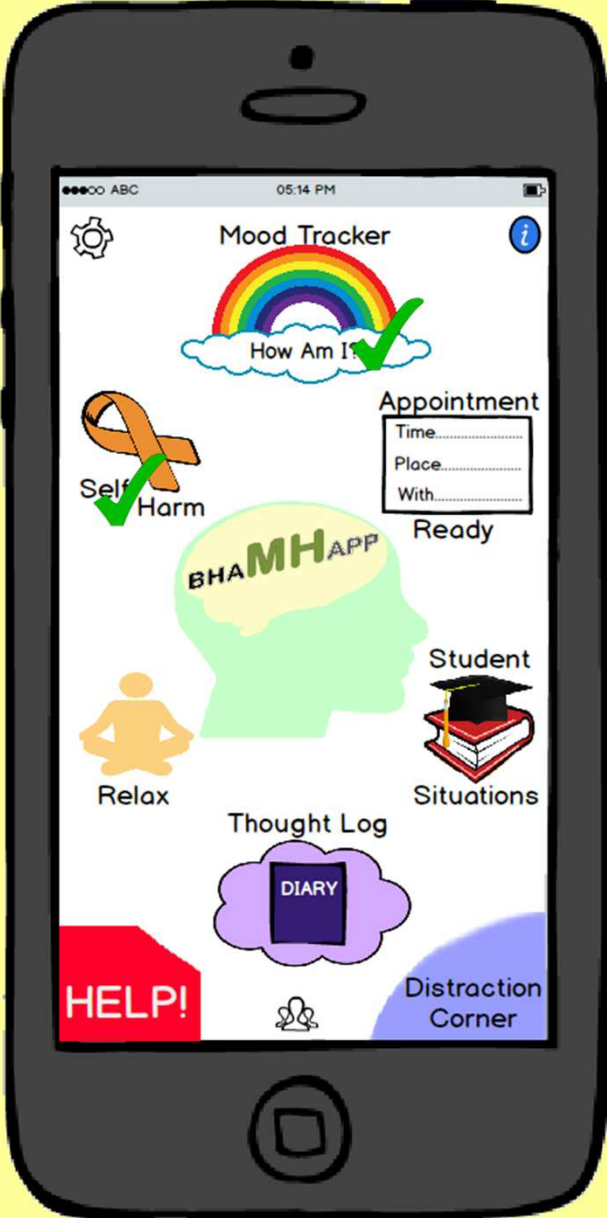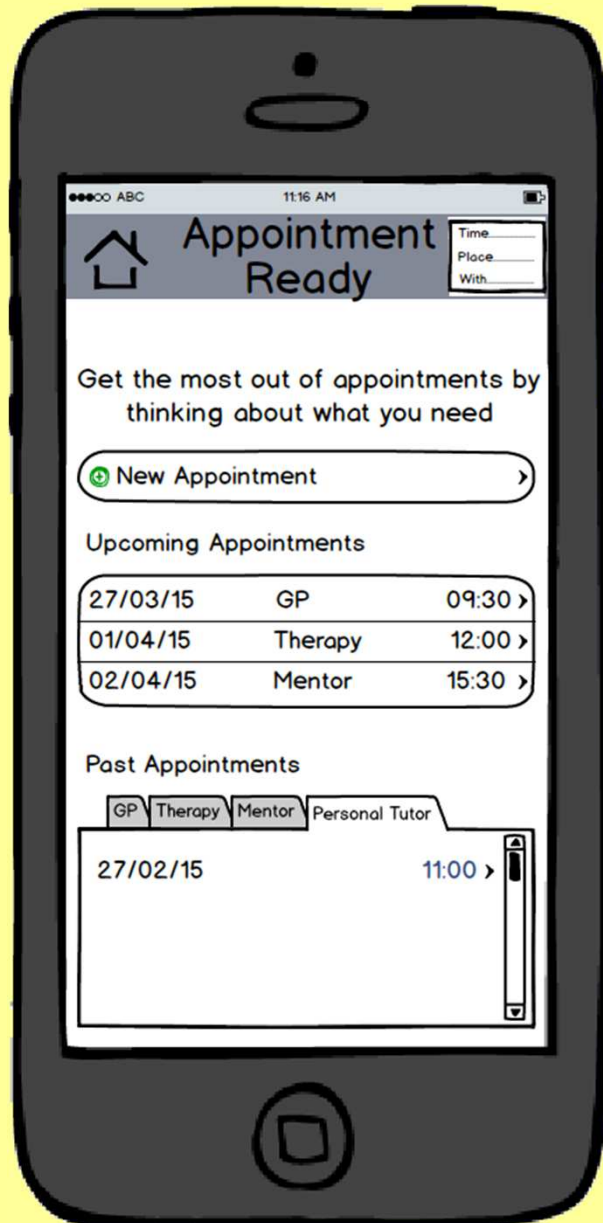
Main Menu

Self Harm

- **Log when experiencing thoughts of self-harm**
  - **Date + Time**
  - **Strength**
  - **Course of action taken**

- **Ideas & advice**

- **E-mail someone who can support**
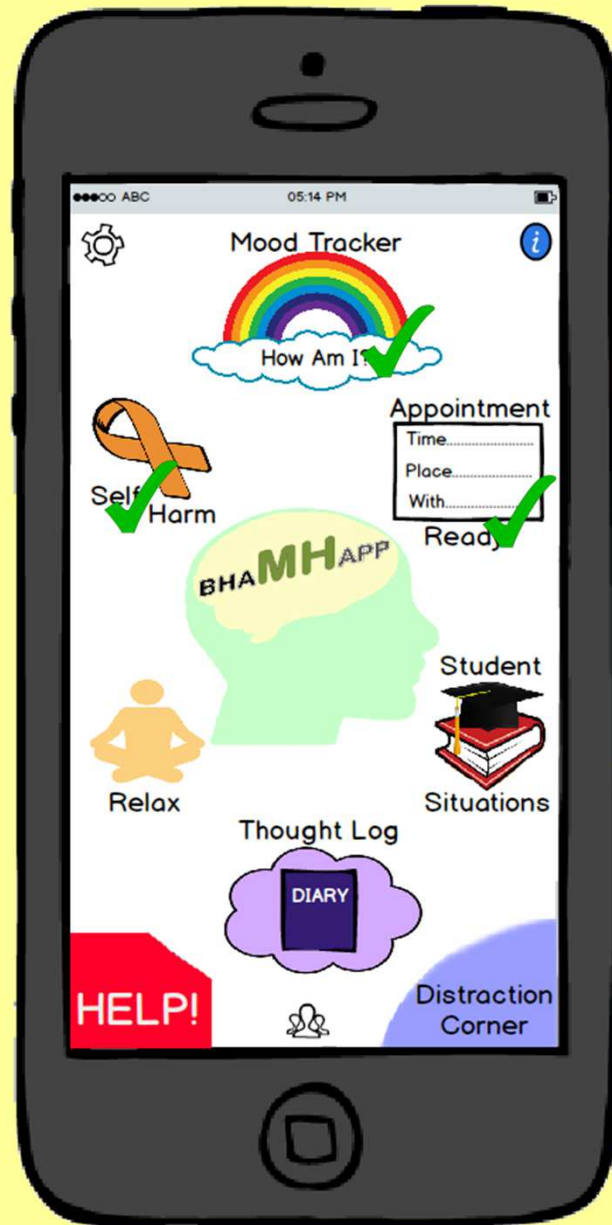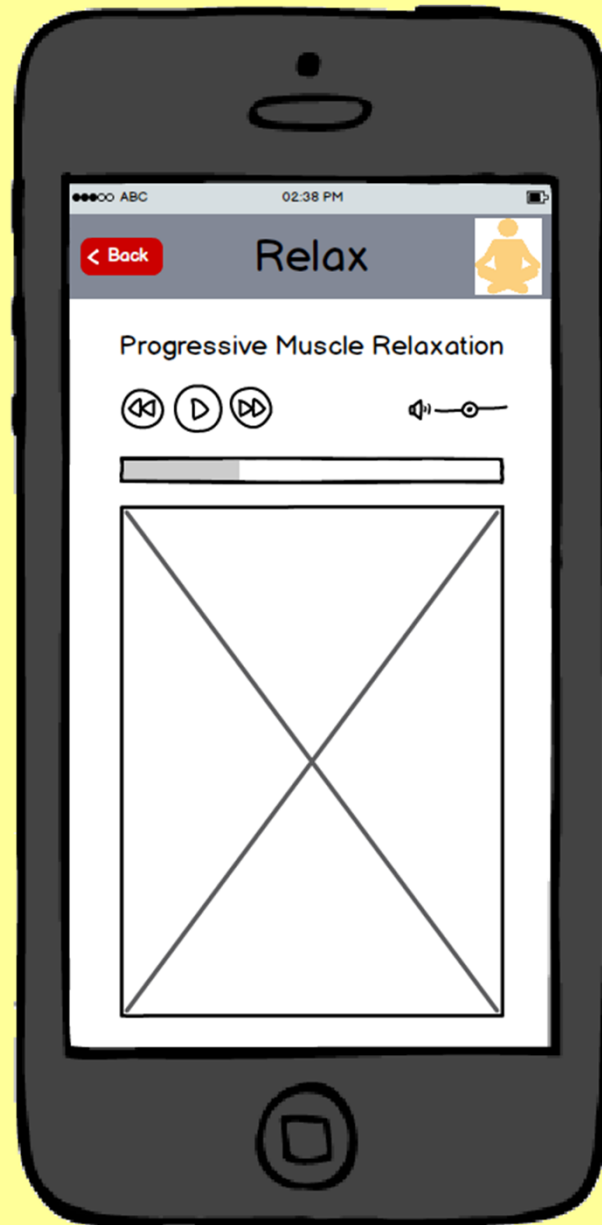 *e.g.* **to therapist**

Main Menu

Appointment Ready

- **Make the most of appointments and meetings:**
  - **When, where, who with**
  - **List what to discuss**
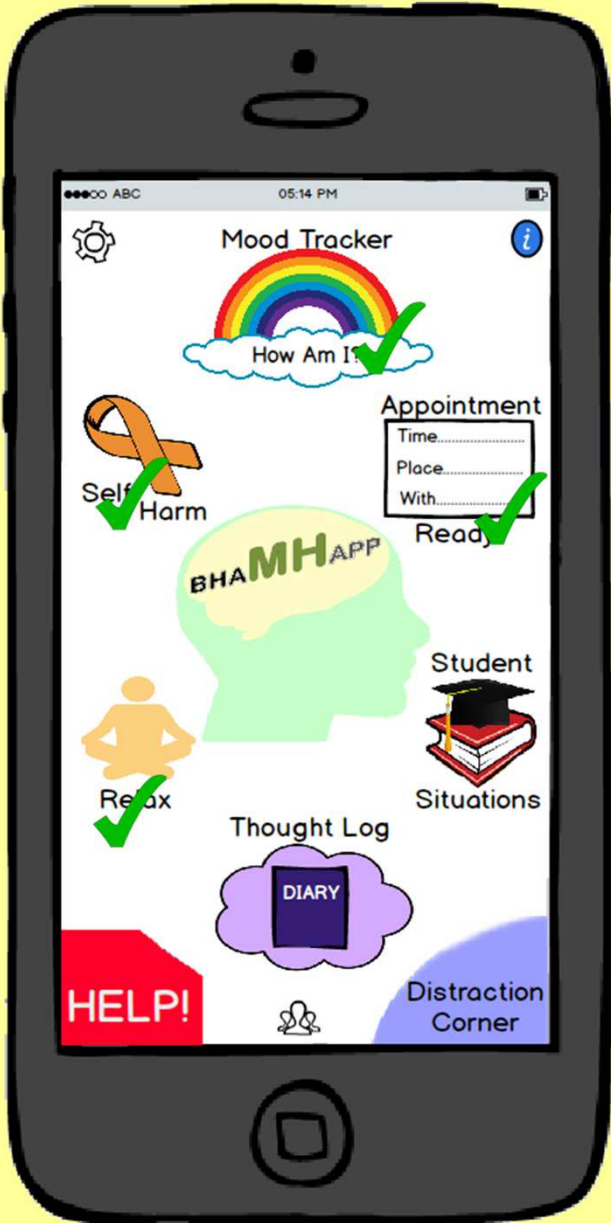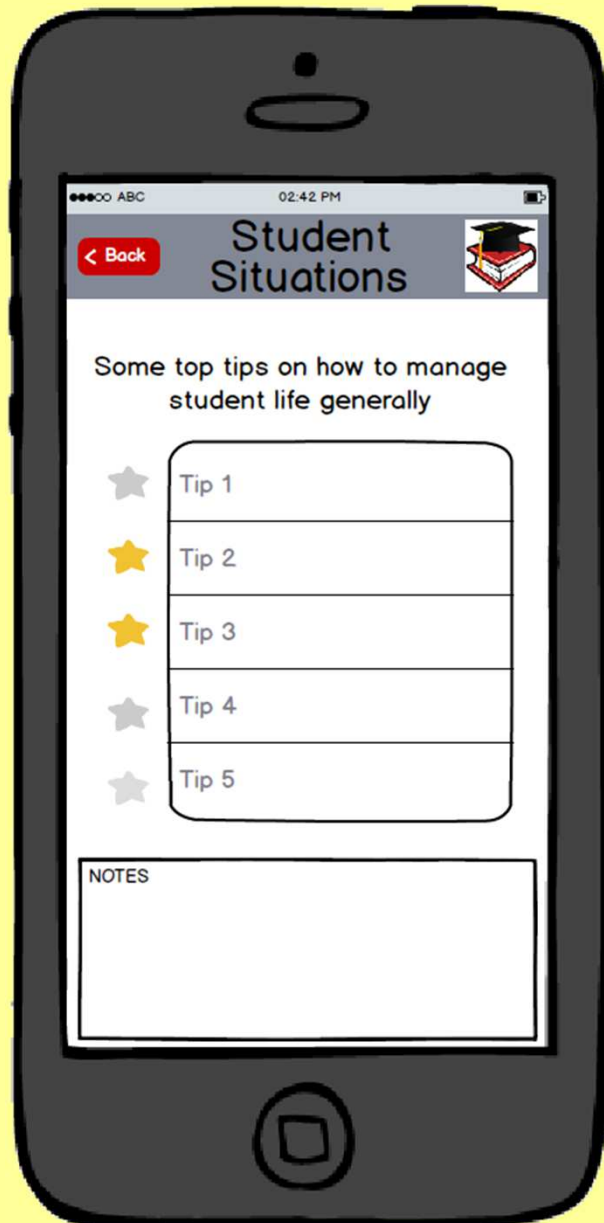 - **Record what is discussed**

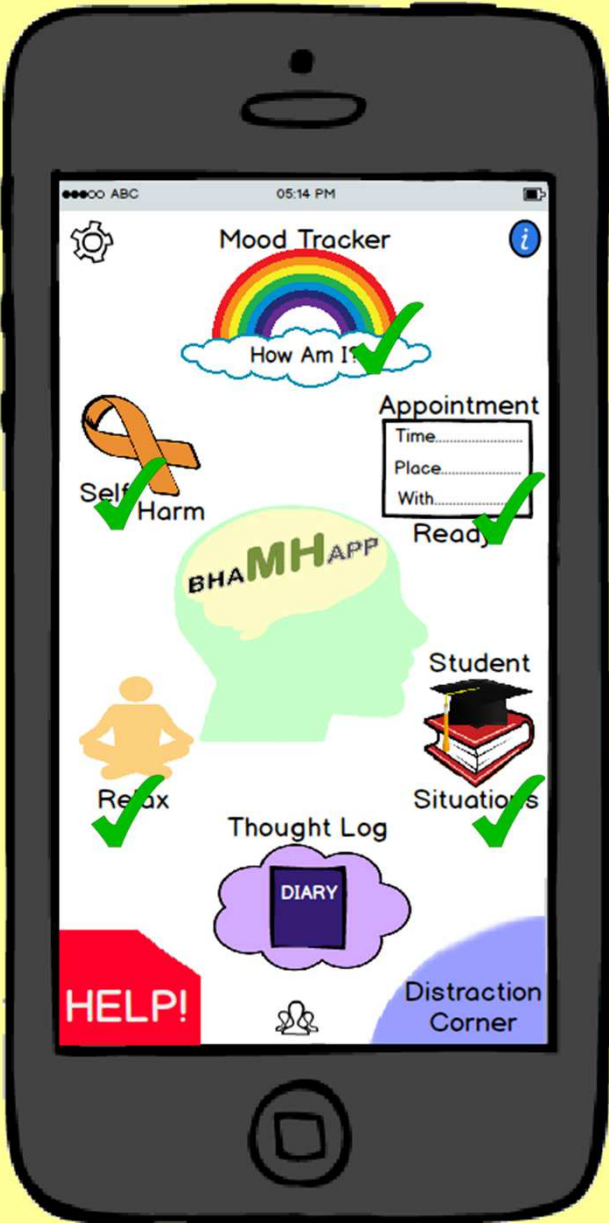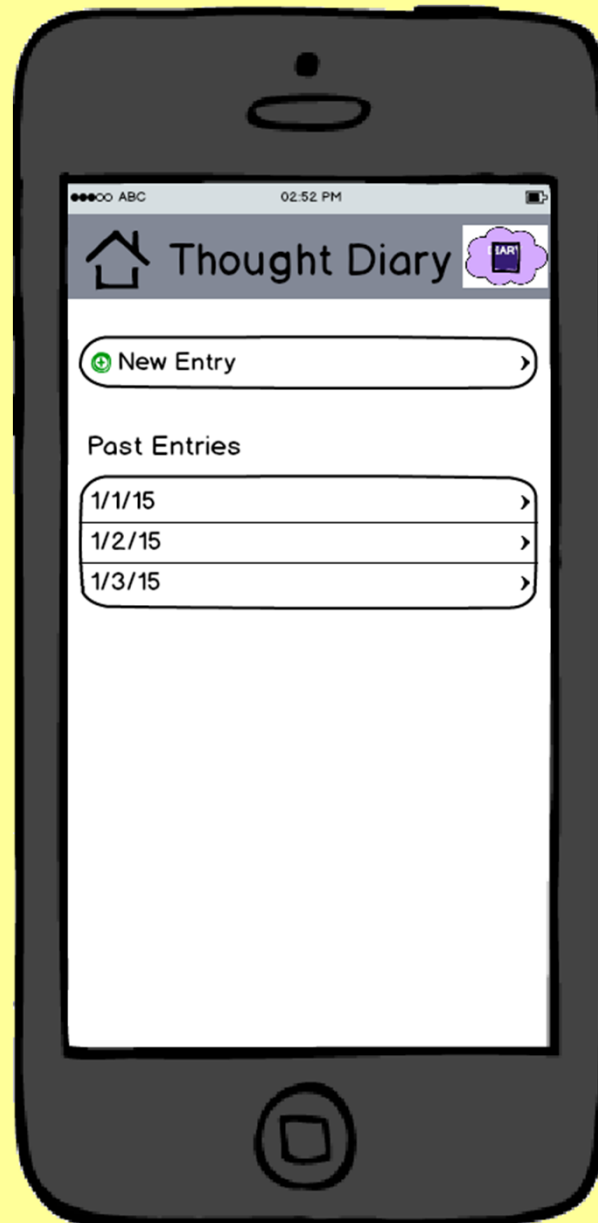# Main Menu

Relax

Main Menu

Student Situations

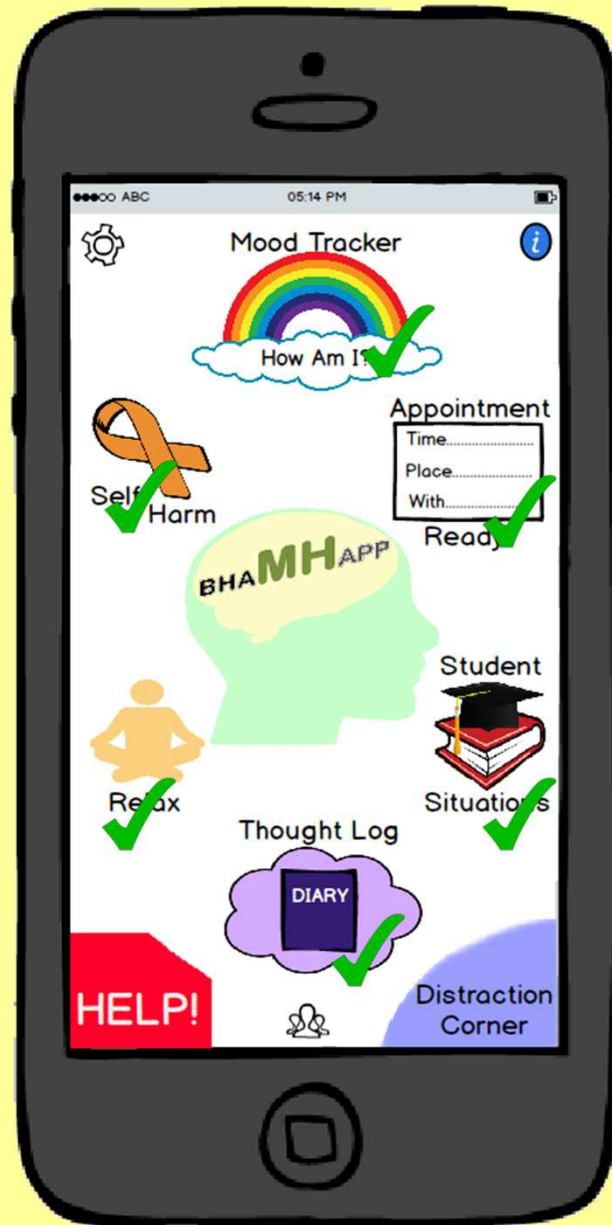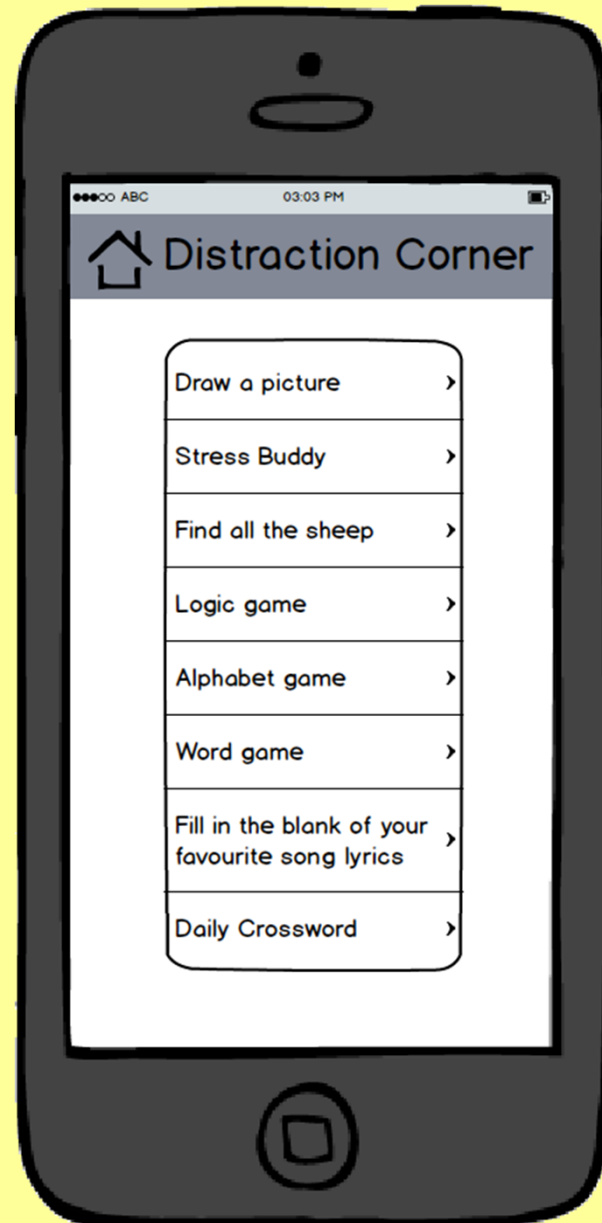- Advice from other students on how to manage difficult situations
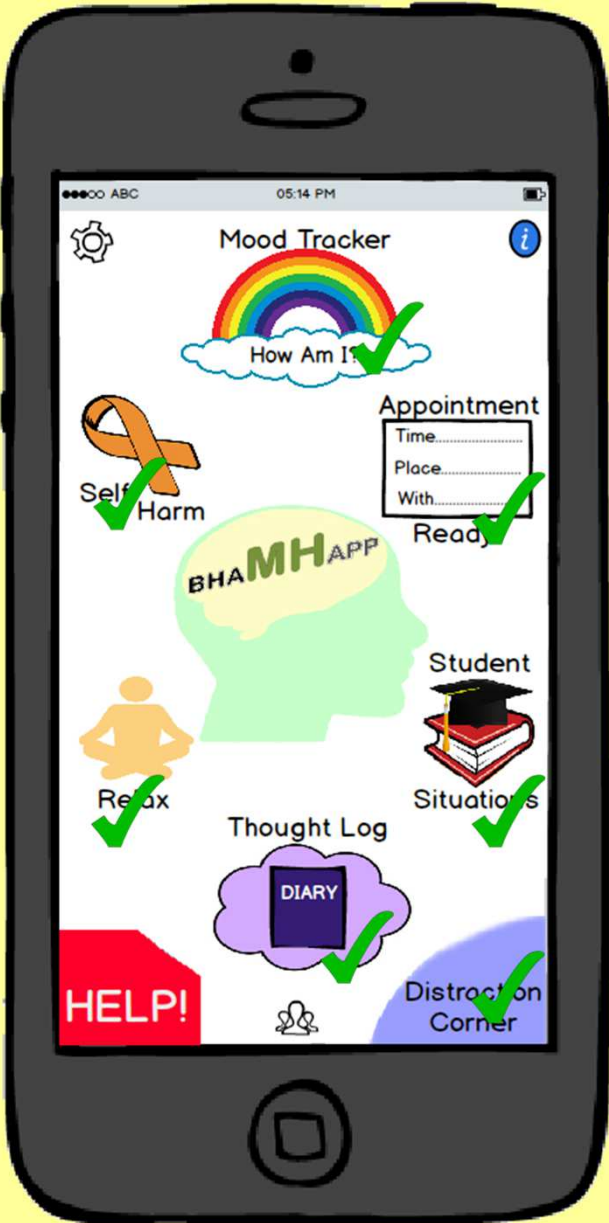
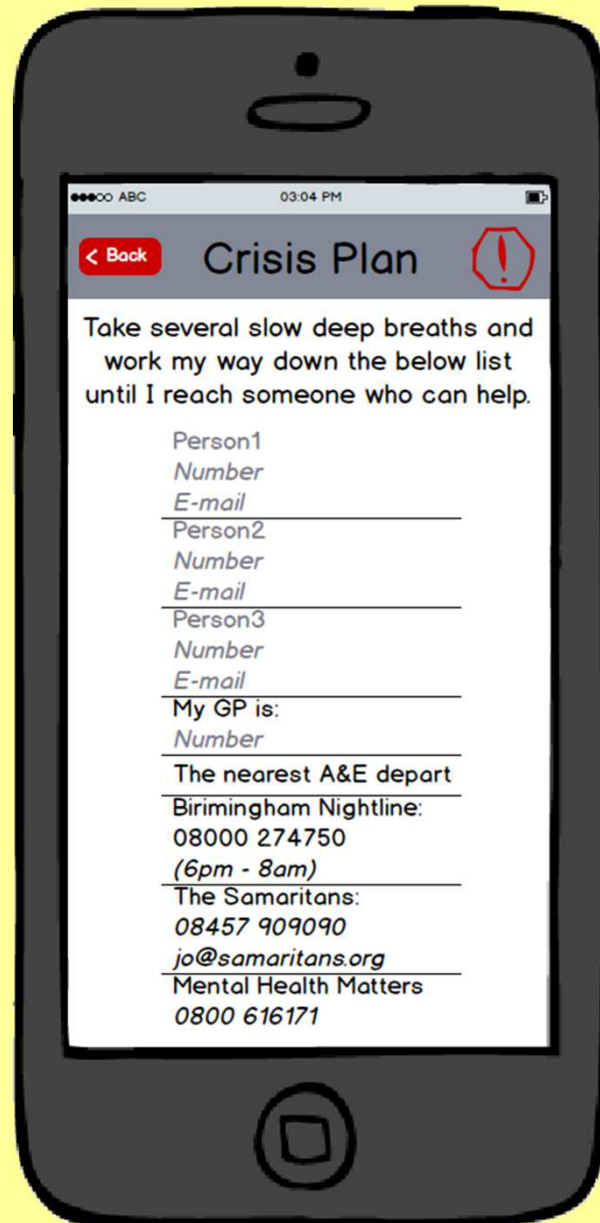# Main Menu

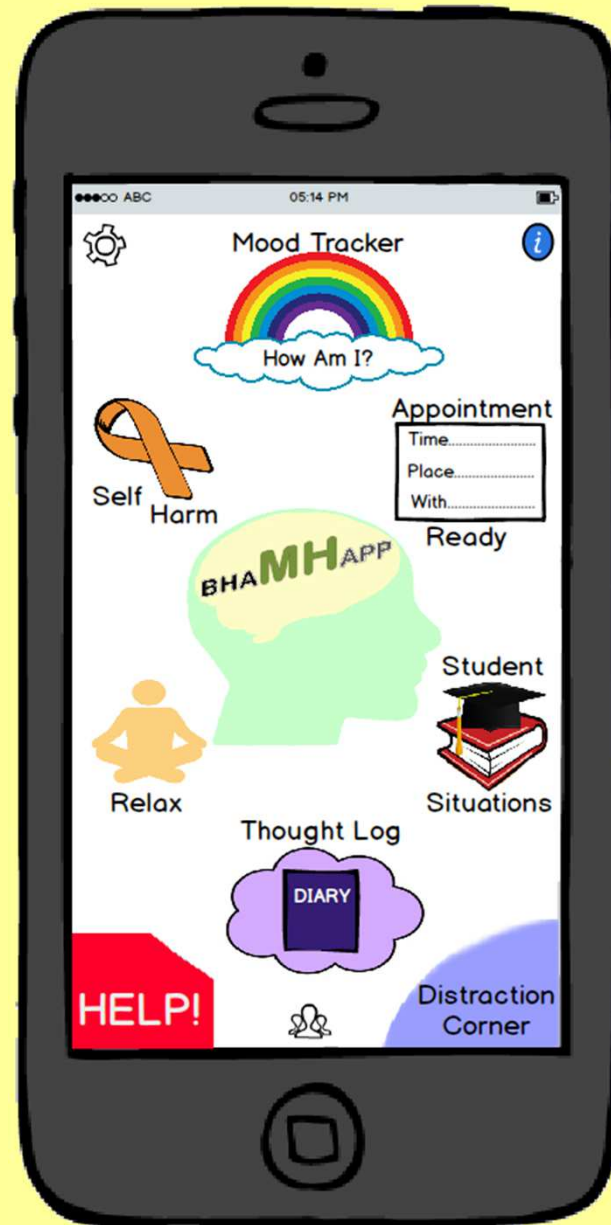# Thought Diary

Main Menu

Distraction Corner

Main Menu

Help!

Review

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n/answer based

e log for

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vices

Acknowledgements

- My support network
- Eloise Hurst

Thank you for your attention