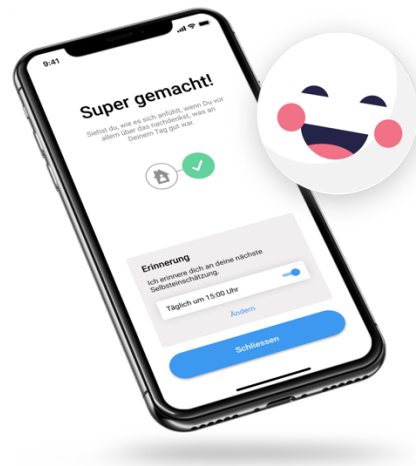


PRESS RELEASE

Digital mental health assessments for youths

New solution for young people with mental health issues to provide additional support and reduce paperwork.



WINDISCH, 12/07/20 We live in a world, where everything can be done via smartphone – banking, grocery shopping, entertainment. But now imagine having mental health issues but no one is around to help. Rather you have to fill in paper forms every week to discuss your mental health state with your caregiver. Is this really state-of-the-art? Is this the way youths nowadays can be reached – whether they are in good health or if they have issues? We say no!

For both caregivers and youths, the current solution is very time-consuming. Evaluations of the youths current mood, their progress and strengths are conducted by organizing regular appointments and filling in paper forms – by hand. These forms are then analysed and evaluated by an expert. Youths therefore depend on the availability of experts – but their illness does not follow a schedule. Youth with mental health issues are often in need of immediate help.

This is where the self-assessment youth app comes into play. In moments where there is no expert around, the app provides an additional line of support to youths in need. They can always open the app on their smartphone and conduct an assessment of their current feelings. Based on logic provided by experts, the results are evaluated. The app then presents various insights and suggestions.

Example: Assume an adolescent indicated low ratings for the current overall satisfaction but has indicated high satisfaction in some live areas during the assessment. To shift the focus, the application suggests diving deeper into these live aspects with further questions.

Results from past assessments can be accessed with one tap. For a more stable progress, there is even an option to get daily notifications for assessments.

The customer about the app

What excites me about the app is that young people in residential institutions will be able to better engage with themselves from now on. They are used to using a smartphone and now they have an attractive and user-friendly solution which can help to foster their resources.

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