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Conference Abstract

"Joining Forces" - A mental Health "App" for the armed forces and veterans

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Abstract

Service personnel and veterans are a significant minority group with unique mental health needs.

"Joining Forces" is an App developed especially to meet the mental health needs of service personnel and veterans. It is a unique, ground breaking mental health promotion tool conceived, developed and produced by the Trust in conjunction with MoD and endorsed by the RCPsych. The App provides free, instantly accessible, evidence-based information about the common mental disorders, advice for sufferers and their carers, supporting information (eg, NICE guidelines etc) and links to other reliable sources of information together with information about how and where to seek help and support.

The App aims to normalise common disorders and demystify help-seeking. The quality of mental health information on-line is notoriously unreliable and the App enables users to access reliable, up to date health information.

Keywords

mental health promotion; armed forces

Power Point presentation:

https://www.conftool.pro/digital-health-care-2014/index.php?page=adminPapersDetails&path=adminPapers&form_id=10
