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Conference Abstract

In Hand. Innovation, health & young people

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Abstract

Summary: In Hand is a personal interactive recovery guide inside a smartphone app. Young people with mental health issues can use it to manage their mental health, enabling them to access support when they need it.

Based on a traffic light system. In moments of stress, anxiety, low mood etc. you can access In Hand and it will guide you through empowering and positive activities. These include inspiring quotes, looking at your own media, or calling someone to support you.

Background and partners: In Hand is part of Innovation Labs, a large scale project presented and funded by Comic Relief, The Paul Hamlyn Foundation and Nominet Trust. It is a project that oversees the development of a collection of digital tools designed by and for young people. The products all have the aim to support young people in managing their mental health and well-being.

FACT, Red Ninja (Liverpool based app agency) and Mersey Care (our local mental health care provider) are developing In Hand in collaboration with a group of 16-25 year olds. Rather than consult or crowdsource with young people, we have worked in genuine collaboration in order to create an innovative platform.

FACT is leading the project, which provides a unique arts-focused space for development.

The project runs from June 2013 until June 2014.

Intended outcomes: We will have the final version of the app to showcase at the conference and will be able to talk about what outcomes our evaluation suggests. This will be supported by a documentary.

Anticipated outcomes include:

Empowerment: places mental health recovery quite literally into the hands of the user.

Crisis reducing: deals with the stress that can be induced by anxious or depressive situations with positivity.

Fast and effective: provides a quick action meaning less stress building up over time.

Engaging: colourful, fun, intuitive and simple.

By young people for young people: designed by the target audience – 16-25 year olds with lives touched by mental health issues gives real integrity and authenticity.

Personalised and creative: Customisable content and design providing a personal individualised space where reassuring/supportive imagery, music and films can be uploaded.

Secure and reactive: pin access functionality for security along with ability to contact services when the user needs it.

Presentation: FACT's presentation will talk about our development process and share good practice on engaged creative development with young people, including those who are experiencing mental ill-health.

About FACT: FACT (Foundation for Art and Creative Technology) is the UK's leading media arts centre, based in Liverpool. Offering a unique programme of exhibitions, film and participant-led art projects, we use the power of creative technology to inspire and enrich lives.

Keywords

young people; mental health; innovation
