



## Module Title

# ***Technology and Mental Health***

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ARTIFICIAL  
INTELLIGENCE

& SUSTAINABLE  
EDUCATIONAL  
TOOLS

FOR THE  
PREVENTION OF

TEENAGERS'  
PSYCHOLOGICAL  
DISORDERS.

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# Technology and Mental Health

1. Apps to support Mental Health: The App Evaluation Model
2. Online Support Networks: A Guide
3. Digital Literacy for Mental Health



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# Apps to support Mental Health

An Evaluation Model to find the right App for your Mental Health.

Adapted from a framework developed by the American Psychiatric  
Association [1]

# Approach

- **Personalized Decisions:**
  - Mental health app choices are unique and **patient-specific**.
  - No universal „yes“ or „no“; understanding the individual needs is essential.
- **Goals:**
  - Introduces a hierarchical rating system and rubric to guide app evaluation.
  - Helps clinicians and patients assess key factors unique to app selection.
- **Outcome-Oriented Approach:**
  - Facilitates informed decisions, aligning app choice with clinical needs.
  - Aims to improve clinical decision-making and patient outcomes.

# Step 1 – Understand the Basics

## **Questions to ask about the App:**

- Who owns the app? Is it from a trusted source?
- Does it clearly state its purpose? (e.g. relaxation, mood tracking)
- Are there hidden costs? User reviews often give helpful insight.
- Does it work offline?
- Is it accessible (e.g. for vision-impaired users)?
- Has it been updated recently?

## **Why it matters:**

Understanding the app's foundation helps you trust its quality and usability.

# Step 2 – Privacy and Security

## **What to check for:**

- Is there a clear privacy policy?
- Does the app explain how it uses your data?
- Can you delete your data or opt-out of tracking?
- Where is the data stored – on your device or online?
- Does it claim to use secure systems?

## **Why it matters:**

Protect your personal information and ensure your data is handled responsibly.

# Step 3 – Check the Evidence

## **Key Questions to consider:**

- Does the app deliver on its promises?
- Is the content accurate, well-written and relevant?
- Is there research or feedback to support its effectiveness?
- Does it seem beneficial for your goals?

## **Why it matters:**

An app with solid evidence or positive user feedback is more likely to help you.

# Step 4 – Test Usability

## **Ask yourself:**

- Is the app easy and enjoyable to use?
- Does it meet your specific needs?
- Can you customize it?
- Is it engaging enough to keep you coming back?

## **Why it matters:**

The best app is one you use regularly

# Step 5 – Data and Goals

## **Consider this:**

- Do you control your data?
- Does the app help you to track progress toward your goals?
- Can data be shared with tools you already use (e.g. Fitness Watch)?
- Does it lead to positive behavior changes?

## **Why it matters:**

Apps should empower you to achieve your mental health goals without adding complexity.

# Summary & Practical Tips

## **How to choose the right Mental Health App:**

1. Understand the basics: Trust the source and check compatibility
2. Prioritize privacy and security: Protect your data.
3. Look for evidence: Find apps with proven benefits.
4. Test usability: Make sure it's easy to use and enjoyable.
5. Align with your goals: Choose an app that supports your progress.

**Bonus Tip:** Start with free trials or apps with good reviews before committing.

# A Guide to (online) Support Networks

A step-by-Step Guide for adolescents.

Based on a Guide by the Anxiety & Depression Association of America [2]

# What is a Support Group?

## Introduction



**A support group is when individuals come together and share their personal stories and experiences about challenges they are facing and how they are dealing with them**

# What is a support Group?

## Introduction



- A group's purpose is to support each member and help them feel that they are not alone.
- Groups provide a safe, non-judgemental and confidential space for people to talk about their feelings.
- This can help them relieve them of the stigma surrounding their condition and emotions.

# How to **Join** a Support Group



Look for groups at schools, community centers, or online platforms



Reflect on what you need from a group



Join a meeting to see if the group fits your needs



Decide whether you are ready to commit to regular meetings

# Starting your own Support Group

Step-by-Step Guide

# Step 1: Identify your Goal

## Determine the primary focus of the group:

Do you want to tackle a **specific** emotion, illness, or set of circumstances (anxiety, depression, PTSD,...)?

Or do you want a more **general** approach to support all participants' well-being?

# Step 2: Research and Planning

Explore existing models of support groups



- Searching available groups nearby will help you narrow down your support group's purpose and will give you a better understanding of your community's needs

Develop a clear structure



- Will your meetings be **free flowing** or will there be a **set agenda** to follow?

# Step 3: Recruit Members

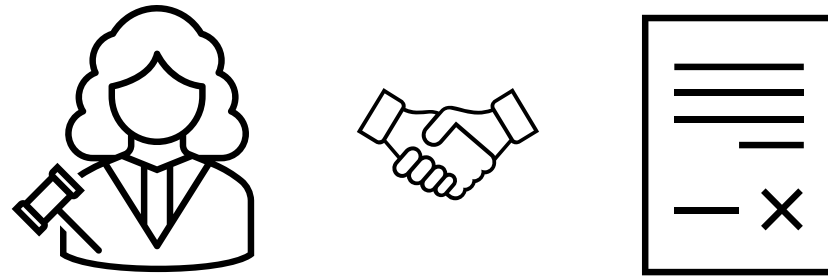
## **Determine who you want your support group members to be**

- Will it be open to anyone or will this be a women-only or men-only group?
- Is the group open to both cis and trans participants or is it specifically for transgender people?

## **Approach your target group**

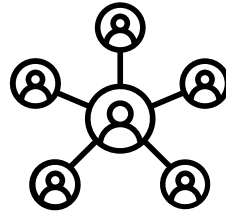
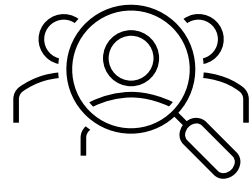
- Use social media, school bulletins, or community boards to find peers interested in joining

# Step 4: Establish ground rules



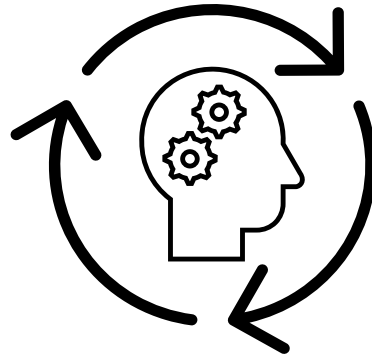
- **Create guidelines to ensure a safe and respectful environment for all members, such as confidentiality agreements**

# Step 5: Find a Facilitator



- **Look for an adult or professional who can guide discussions without dominating the space**

# Step 6: Continuous Improvement



- **Regularly assess the group's effectiveness and make adjustments as needed to better serve the members**

# Online Support Groups

Differences and Benefits

# Differences

- **Room:** Decide on a platform for hosting the group such as Discord, Zoom, or Facebook Groups
- **Safe space:** Set up privacy settings and establish rules to ensure a safe environment for sharing
- **Recruitment:** Share the group link through social media, email, or community forums

# Benefits

- + **Accessibility:** Join from anywhere with an internet connection.
- + **Anonymity:** Option to remain anonymous, which may encourage open sharing.
- + **Diverse Communities:** Opportunity to connect with a wider range of people from different backgrounds and areas.

# Conclusion

Online support groups can be an invaluable resource, especially for those who have geographical, social, or time constraints that make traditional in-person groups difficult to attend.

**Always prioritize your privacy and well-being when engaging with online communities!**