

Digital Technology for Mental Health: Asking the right questions

#digitalMHQ

How can technology help people with mental health problems?

Online support groups, smartphone apps, computer games, virtual reality, virtual therapists, robots....so many big emerging ideas about how digital technology can be used for mental health. But what's the best way to use the technology?

The 'Asking the right questions' project aims to decide on the top 10 most pressing questions about digital technology for mental health and share these with researchers so that future research targets these priorities. To make sure that they are grounded in the everyday experience of mental health, these questions will come from people with lived experience of mental health problems and health and social professionals.

We want to hear from you!

Take part in our online survey during Spring 2017. It will only take a few minutes!

www.mindtech.org.uk/digitalMHQ

Follow the discussions on Twitter #digitalMHQ

This project is being run in partnership with the James Lind Alliance and our co-funders: Mental Health Foundation; MQ Transforming mental health through research; McPin Foundation; Mental Health Intelligence and Leadership Programme, Oxleas NHS Foundation Trust; Centre for Assistive Technology and Connected Health, University of Sheffield; Nesta, mHabitat; University Counselling Service, University of Sheffield.

What will happen after the survey closes?

We will do a cross-checking exercise, then the final top ten questions will be published in December 2017.

Keep up to date with the project by contacting Lucy Simons, the project coordinator:

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