



onlinehulp-apps

Description of app in the Flemish Appstore for well-being and mental health:

<https://www.onlinehulp-apps.be/>

version: 13.3.2023

Combined Minds



Where is the app available?

	platform	URL
X	iOS (Apple)	https://apps.apple.com/us/app/combined-minds/id1480822365
X	Android	https://play.google.com/store/apps/details?id=uk.org.stem4.combinedminds&hl=en

What is the app's uniqueness?*

Combined Minds helps the environment (family and friends) of young people with mental health problems to support these young people.

MORE EXTENSIVE DESCRIPTION

Subtitle:

Support for family and friends

Description:

Combined Minds starts from the strengths of these young people and their environment. The app helps to create the right environment to support the young person. Combined Minds provides information and support options for several mental health issues. The app helps you reflect on your own strengths in the network for the young person.

Whom is this app for? *

Combined Minds is aimed at people who have young people with mental health problems in their environment and who want to support them.

What is the purpose of this app? *

Combined Minds supports the family, friends, and caregivers of young people with mental health problems concerning fears and anxiety, screen addiction, depression, self-harm, and eating disorders.

What can you do with this app? *

In Combined Minds you get

- information on five themes: fears and anxiety, depression, self-harm, eating disorders, and screen addiction
- information on what you can do as the environment, and what you can mean for that person
 - support options
 - caregiving activities
 - room to indicate what worked and what did not
 - a safety plan for the young person you support and for yourself
- References to organisations, books, links, literature, and apps that can help you in your support of the young person and in your self-care.
- Tips for self-care as supporter and how to guarantee your own mental well-being.

How much does it cost to use this app? *

Free

Who is the supplier of the app? *

Stem4

<https://stem4.org.uk/>

Release: 05/12/2019

QUALITY ASSESSMENT

In the app store we decide to include the most important notes of attention on the quality of the app. These are distinct strengths of the app as well as possibly weaker aspects. We do not include what is just okay.

On the app's TRANSPARANCY

What are the most important strengths of this app if you focus on transparency?

- The app is aimed at the environment of the young person/client.

On the ACCESSIBILITY of the app

What are important strengths of this app if you focus on accessibility?

- many icons.
- many additional sources per theme available via 'Further help'
- can be used offline

What are important weaknesses of this app if you focus on accessibility?

- Only available in English
- References to further help limited to England

On the RELIABILITY of the app

There are no important strengths or weaknesses

FOR PROFESSIONALS

There is an extensive list of sources per theme under 'further help' that can also provide added value.

DOES THIS APP ENABLE CONTACT WITH A COUNSELLOR?

None this is a self-help tool

IN WHAT LANGUAGES(S) THIS APP CAN BE USED?

English

WHAT IS OR ARE THE CENTRAL THEME(S) OF THE APP?

- Mental well-being
- Emotional well-being
- Personal relations
- Personal development
- Self determination
- Fear
- Depression
- Well-being in relationships
- Well-being in the environment
- Daily functioning
- Eating disorders, self-harm and screen addictions