DHCNI

Digital Health & Care Northern Ireland

DELIVERING CARE TOGETHER

DoH www.health-ni.gov.uk

HSC Health and Social Care

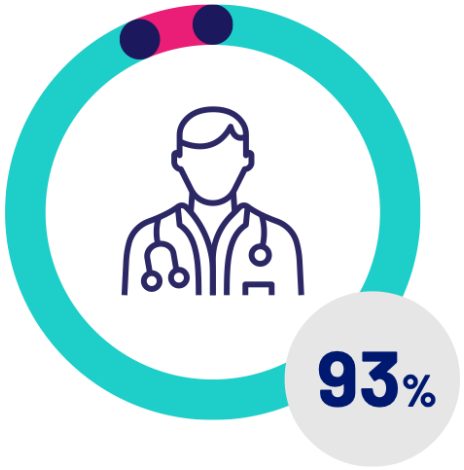


GP NI Postpartum Mental Health Webinar

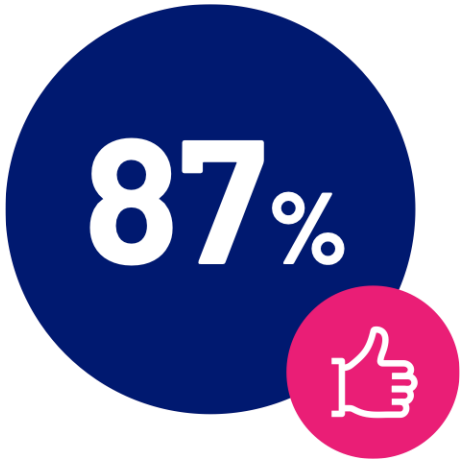
App library- resources for pregnancy, early years and mental health

THE DIGITAL OPPORTUNITY

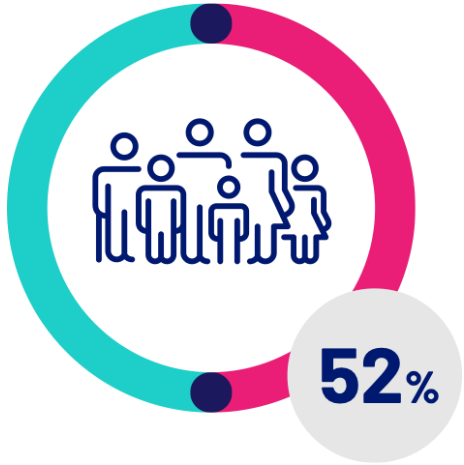
Health-focussed consumers have embraced digital health



93% of clinicians believing digital technologies can help.



87% **of people who have used an app are** satisfied with it.



52% of over-65s are willing to receive digital healthcare.



5 million people download a health app every day

SOURCES

1 & 4. https://www.accenture.com/gb-en/insights/health/england-patient-survey
2. https://sensortower.com/blog/top-mental-wellness-apps-april-2020-downloads
3. https://www.healthcareitnews.com/news/emea/rise-digital-health-during-pandemic-energises-commitment-and-expectations-younger-doctors

GLOBAL BASELINE REVIEW/DHAF

Data & Privacy

- GDPR
- Privacy Policy
- Data Use
- Data Storage
- Existing Standards (ISO 27001)

Professional Assurance

- Medical Device Status and Conformity
- Evidence and Effectiveness
- NICE Evidence Standards Framework
- Clinical Involvement

Usability & Accessibility

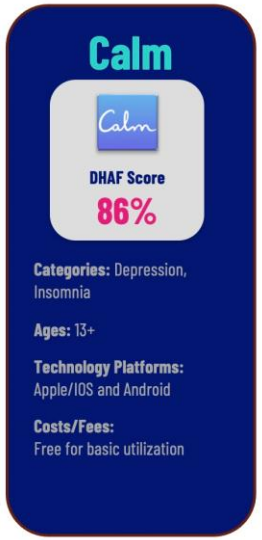
- Apple HIG / Android App Quality
- WCAG 2.0 AA / WCAG 2.1 AA
- ISO 9241
- Bug Management

365,000

Digital health products to choose from.

How do we know which ones are safe and effective?





Meditations, sleep stories, and relaxation techniques

General Info & Features

- Mindfulness and meditation to help manage stress and anxiety
- Guided and unguided meditations, sessions from 3 - 30 minutes
- Daily meditation to reduce stress or anxiety, heighten awareness, depend concentration or gain confidence
- Also includes calming sounds, ambient music, and sleep stories

Patient Acuity/Journey

- Mild to Moderate; Prior to care or during to augment care

Clinical Interventions

- Meditation practices, anxiety management, self-compassion; Mood tracking

The NHS standard for digital health safety and assurance

38,000+

App assessments completed

ORCHA ASSURED SILVER VALID TO: JAN 2026

Backed by ORCHA Assured guarantee

DTAC CERTIFIED

10+

Years in digital health technology

Trusted by…

NHS England

NHS Dorset

NHS Sussex Community NHS Foundation Trust

HSC Health and Social Care

NHS Coventry and Warwickshire Partnership NHS Trust

Staffordshire County Council

NHS Lancashire & South Cumbria NHS Foundation Trust

City of Stoke-on-Trent

HSE

NHS Cheshire and Merseyside

EVIDENCE THAT DIGITAL WORKS

83%

of those using a health app found it **helpful or very helpful in improving their health**

400

health apps downloaded by patients each month, reaching **11% of their total diabetic population** after just 6 months via population campaign across PCNs in Rochdale

90%

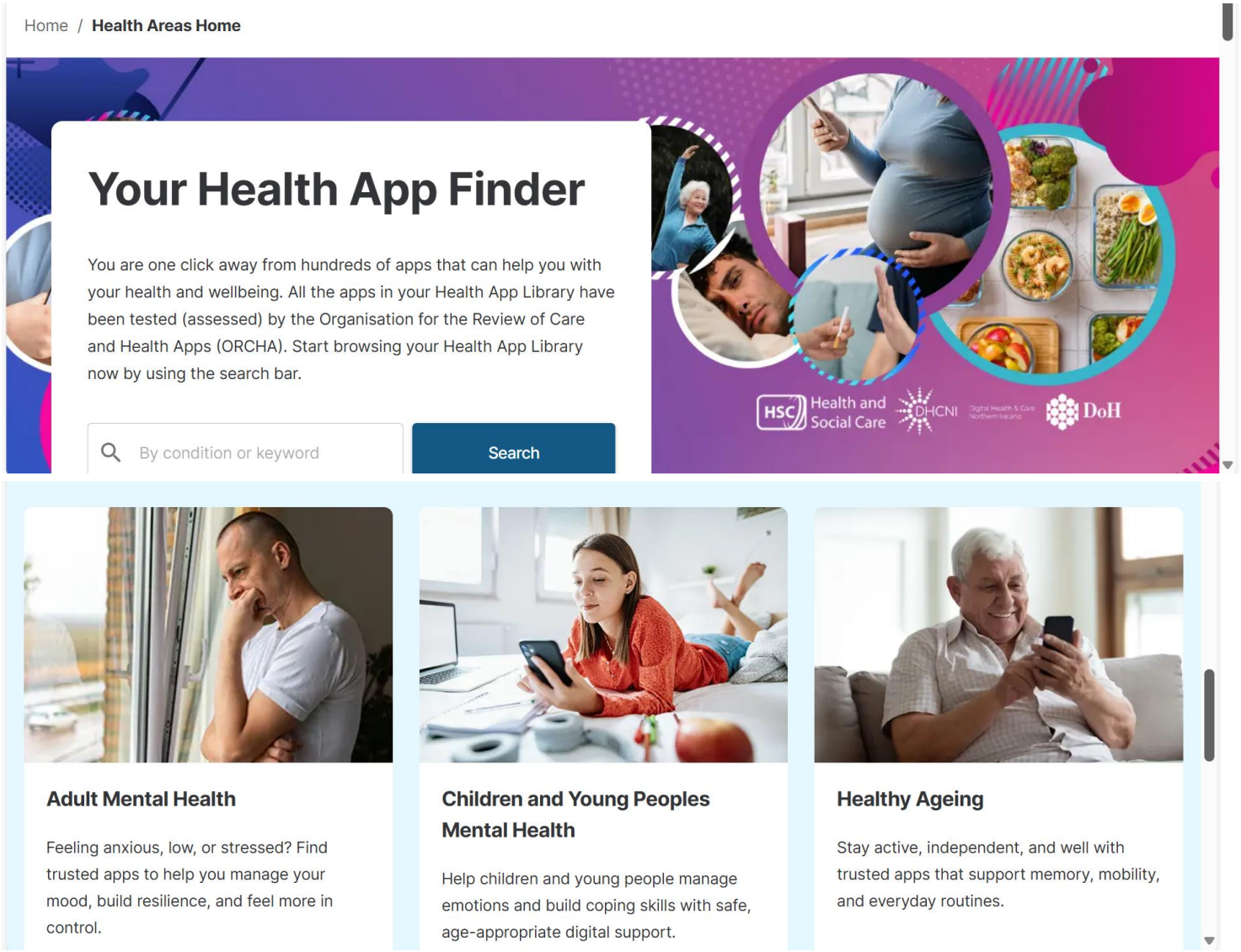
of patients downloaded the apps they were recommended and helped **67% to lose weight**, **80% to meet personal health goals** and **86% to make healthier lifestyle choices**

83

app recommendations per month via PCN Social Prescribers in Warrington, with **over 700 patients downloading and using health apps**.

EXAMPLE: MENTAL HEALTH

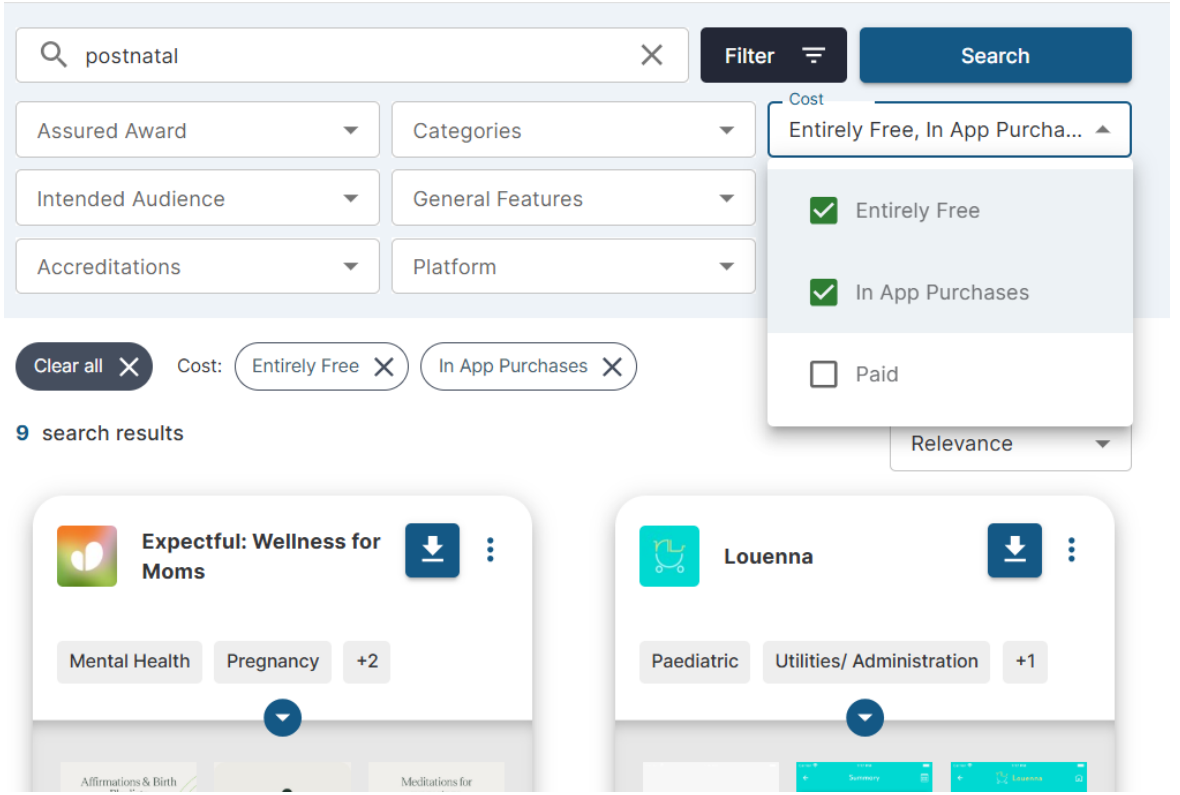
CHALLENGE	A patient seeks mental health support but **no appointments are available**	A patient with anxiety is hesitant to take SSRIs and there are **long waits for therapy**	A QI project flags 300 **frequent attenders**, many with **unmanaged mental illness**
SOLUTION	**App Library:** Receptionist offers digital options via the practice's online CareNav app library	**Digital Formulary:** GP prescribes a mental health app directly from patient record	PCN can run an **automated digital campaign** to promote mental health tools
IMPACT	Immediate access to support **reduces reliance on in-person appointments**	Offers timely, non-pharmaceutical support and **reduces therapy waitlist pressure**	Boosts awareness and adoption of digital tools, **reducing frequent attendances** and **improving mental health management.**



- HSCNI working with ORCHA (Organisation for the Review of Care and Health Apps) since May ‘20
- HSC Apps library is a public resource providing access to all safe & independently assessed Apps https://apps4healthcareni.hscni.net/
- Only Apps that meet the minimum threshold of 65% are available
- Search function provides access to all of the products that ORCHA have assessed, as well as providing carefully selected Apps for public use.

Potential role of Apps

- Relaxation and meditation tools
- Support virtual clinics in situations where client can’t meet face to face with therapist
- Offer tools to support therapy and techniques which can be used at home
- Provide support between clinic appointments
- 24h access to information

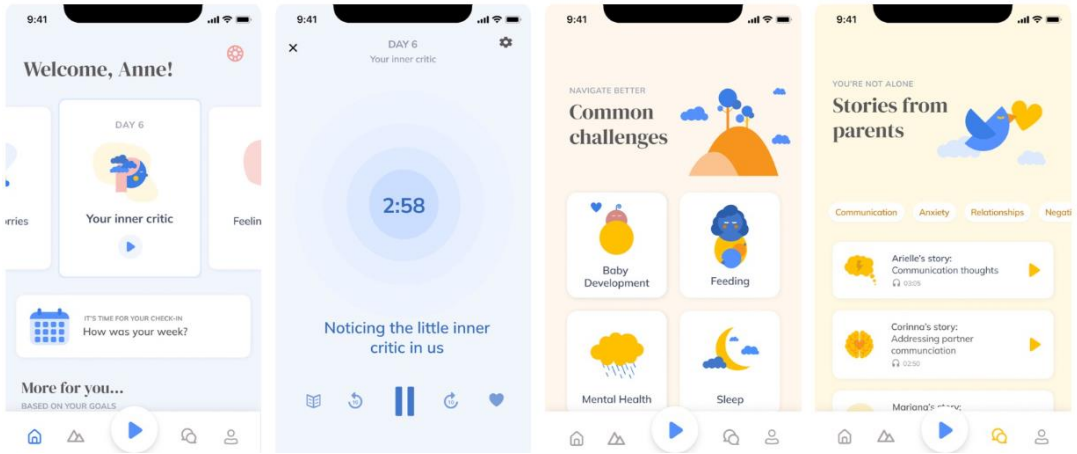


Canopie for Parents

Developer: **canopie**

Apple iOS Android In App Purchases

Download Copy URL



Description:

Becoming a mother can feel overwhelming. Canopie makes it possible to overcome the overwhelm by using 3 evidence-based techniques to help you build emotional resilience and mental confidence so that you can:
* soothe your anxious mind
* manage your stress
* show up as the parent, partner, and person you want to be

Whether you're struggling with low mood, diagnosed with a perinatal mood disorder like anxiety or depression, or just want to empower yourself with coping tools and mental strength-building techniques to get you through the

[Canopie for Parents - HSCNI Microsite]

Score Summary:

ORCHA ASSESSED 82%

Data	83%
Professional Assurance	83%
Usability & Accessibility	80%

Peanut App: Find Mum Friends

Developer: **Peanut App Limited**

Apple iOS Android In App Purchases

Download Copy URL



Description:

Welcome to Peanut, the ultimate mum app connecting women through all stages of motherhood, helping you find your village.

Join over 5 million women on Peanut to find mum friends, ask questions about your baby, and get support when you need it most. Whether you just moved to a new neighbourhood, or you're just looking for friends who get it, Peanut provides access to a community of mums ready to share advice and experiences.

[Peanut App: Find Mum Friends - HSCNI Microsite]

Score Summary:

ORCHA ASSESSED 82%

Data	76%
Professional Assurance	85%
Usability & Accessibility	85%

Health and Social Care

Home | About | FAQs | Adult Mental Health and Wellbeing | Helping you thrive in secondary school

Home / **Adult Mental Health and Wellbeing**

Adult Mental Health and Wellbeing Apps

A selection of carefully curated mental health and well-being apps that offer valuable self help resources and tools which can be a good source of information and advice at a time when you might need it.



Adult Mental Health



Looking After Your Mental Health

Your mental health is just as important as your physical health. If you're feeling low, anxious, or stressed, digital apps can offer private, flexible support - whenever it suits you.

These trusted tools can help you track how you're feeling, manage stress, practise mindfulness, and build confidence. You can use them on your own or alongside other support.

Whether you're having a tough time or just want to feel more in control, these apps are here to help - at your own pace, in your own way.

Explore Focus Areas

Click on a focus area below t plore recommended app collections and find the right support for your needs.



Adult Depression

Explore Focus Area



Adult Stress & Anxiety

Explore Focus Area

Explore App Collections

Click on a collection below to explore expert-reviewed apps tailored to your needs — ready to support you anytime, anywhere.



Mindfulness & Relaxation

View App Collection



Chatbot Therapy

View App Collection



Peer Support

View App Collection



Psychological Therapy Techniques

View App Collection



Self-Directed Management

View App Collection



Medication Management

View App Collection



Depression Advice & Guidance

View App Collection

Thank You for listening…..
Please contact us for further information,

Soo Hun

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Digital Health and Care NI (DHCNI)

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