

# Development of mobile app for mental health promotion in Lithuania

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1.1. Promoting mental health in the virtual world.

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# Mental health statistics in Lithuania



Suicide  
30,8 deaths per 100,000



Bullying  
58% of children



Domestic violence  
38 510 cases in 2015



Every second person  
suffer from work-related  
stress



Alcoholism  
732 deaths in 2015



Happiness Index  
35% consider  
themselves as happy

# Innovations

- Two academic computer based programmes:
  - BADI
  - „Asmeninių pokyčių programa“/Personal Changes
- One internet based self-help programme  
„Geros nuotaikos link“/Towards better mood
- Mobile application „Antistresiniai pratimai“/  
Anti Stress exercises

# Mobile app „Pagalba Sau”/ Self-Help



## Pagalba Sau

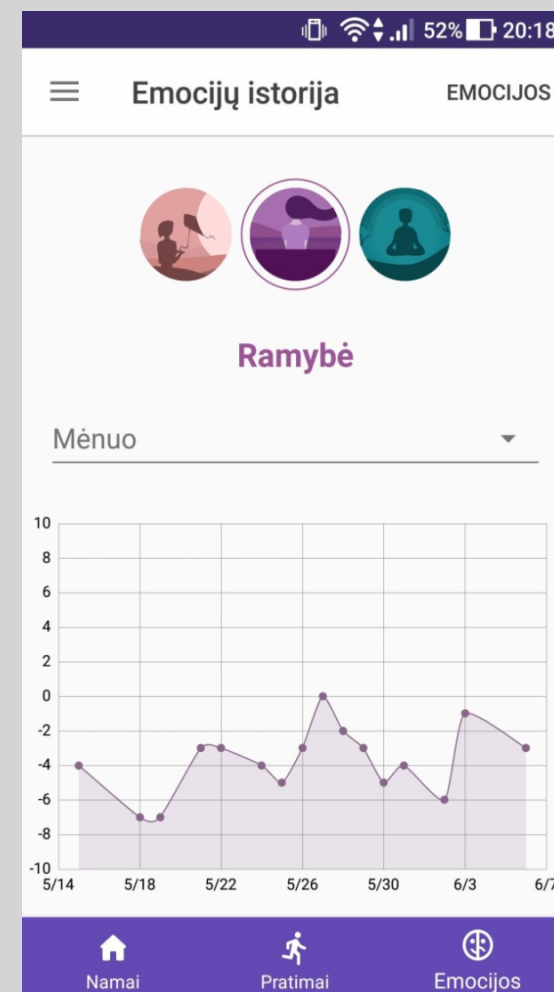
- Aim: to promote MH among all groups of society that uses mobile phone technology;
- How: started in October 2016 in collaboration with universities, business, national institutions and NGOs.

# Content

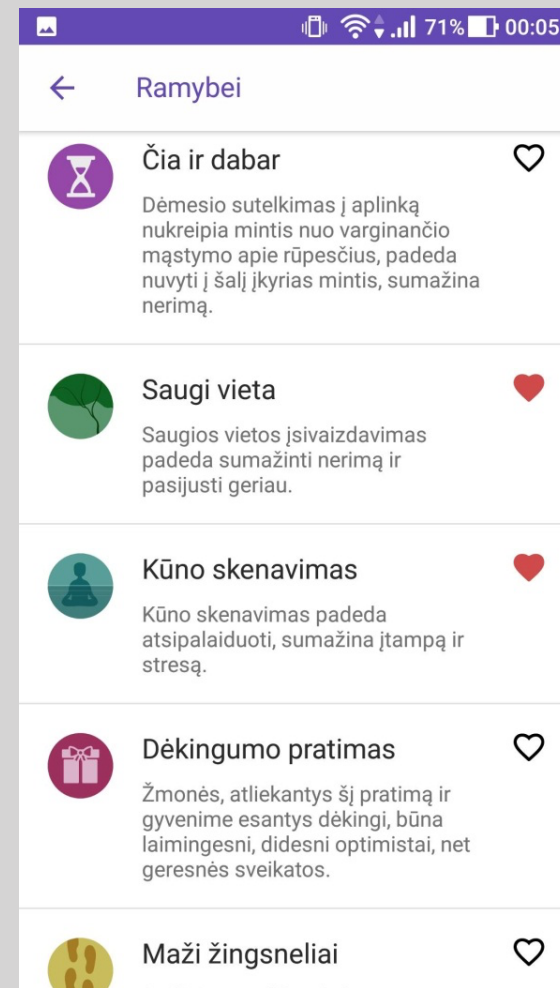
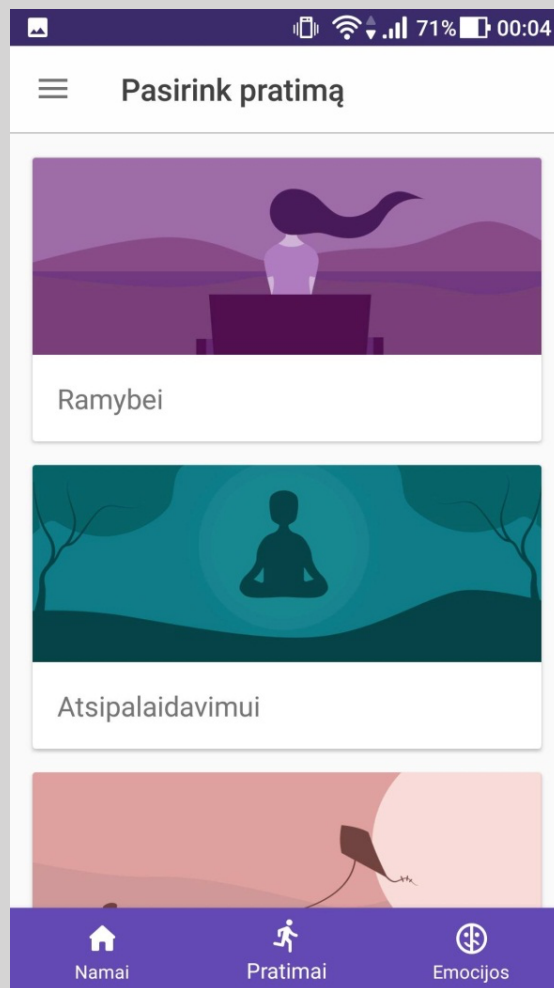
## The application consists of 5 parts:

1. Emotion tracker;
2. Self-help exercises (based on CBT, mindfulness etc.);
3. National help lines;
4. Interactive map to get a free help from the place the user is at the moment (using GPS signal and integrating with google maps);
5. Educational information (i.e. on domestic violence, suicides, bullying, addictions etc.)

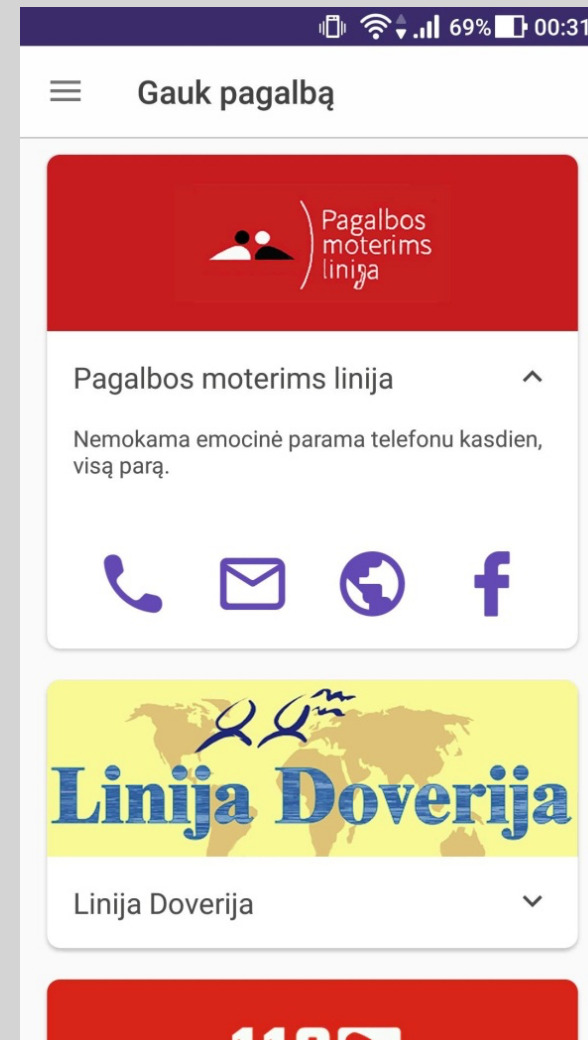
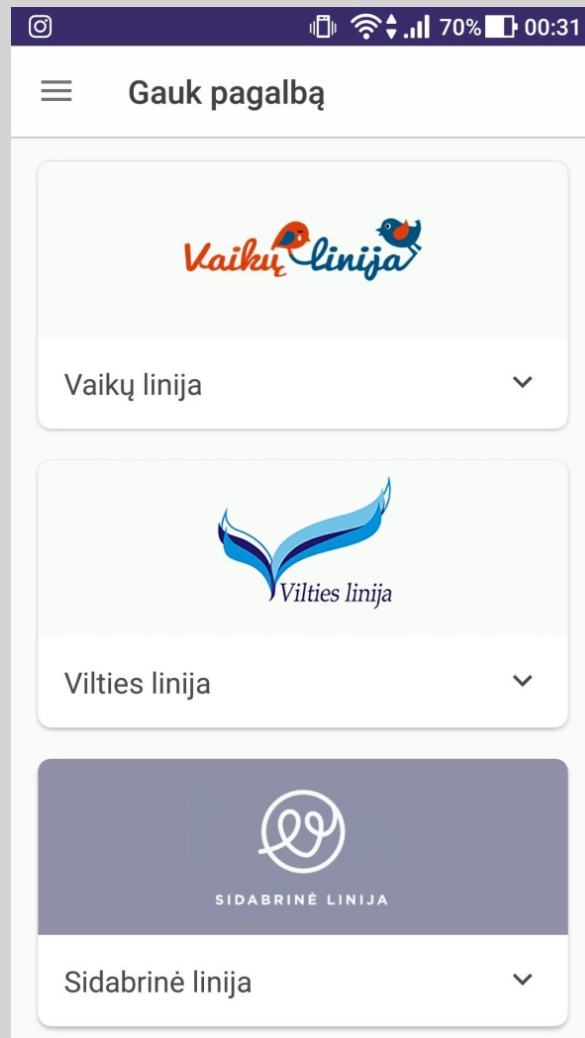
# Emotion tracker



# Exercises

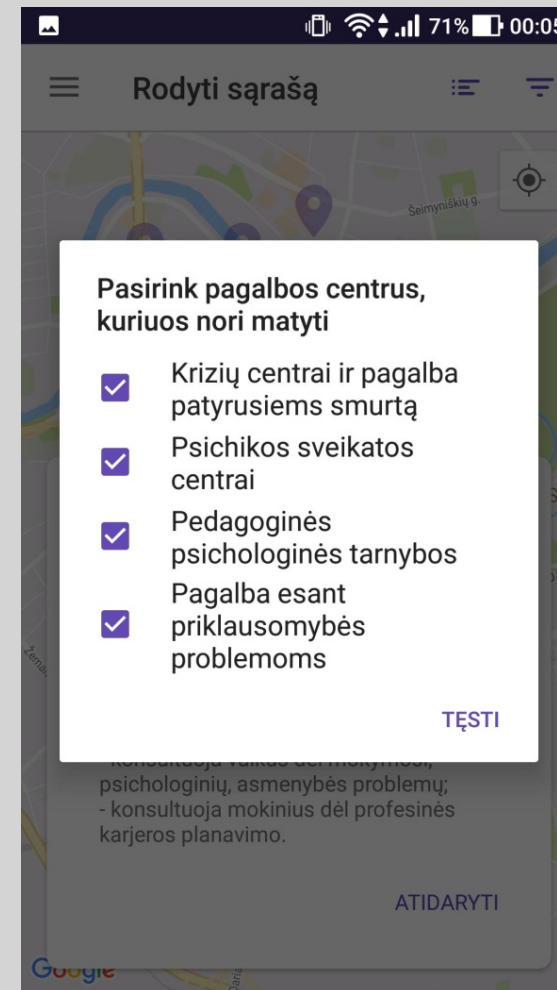
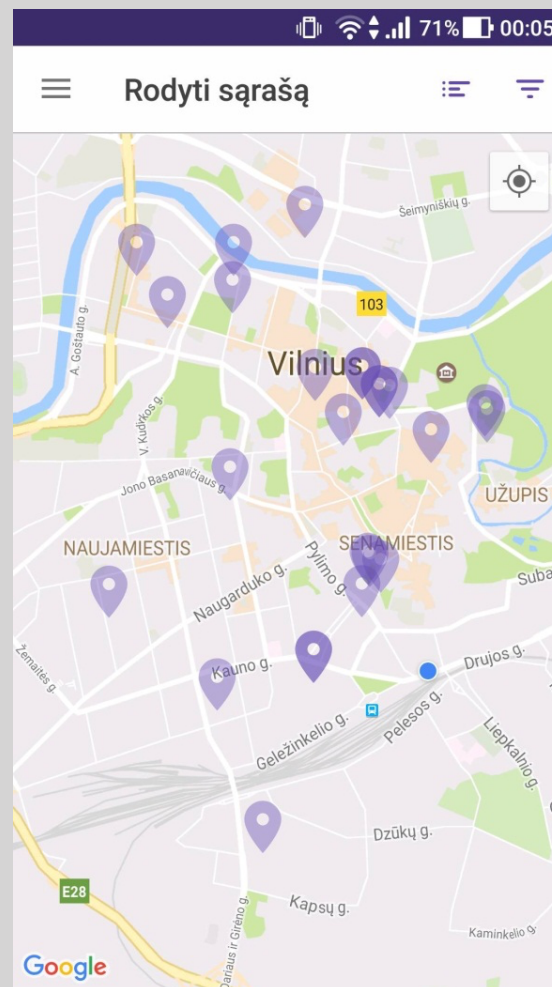


# Help-lines

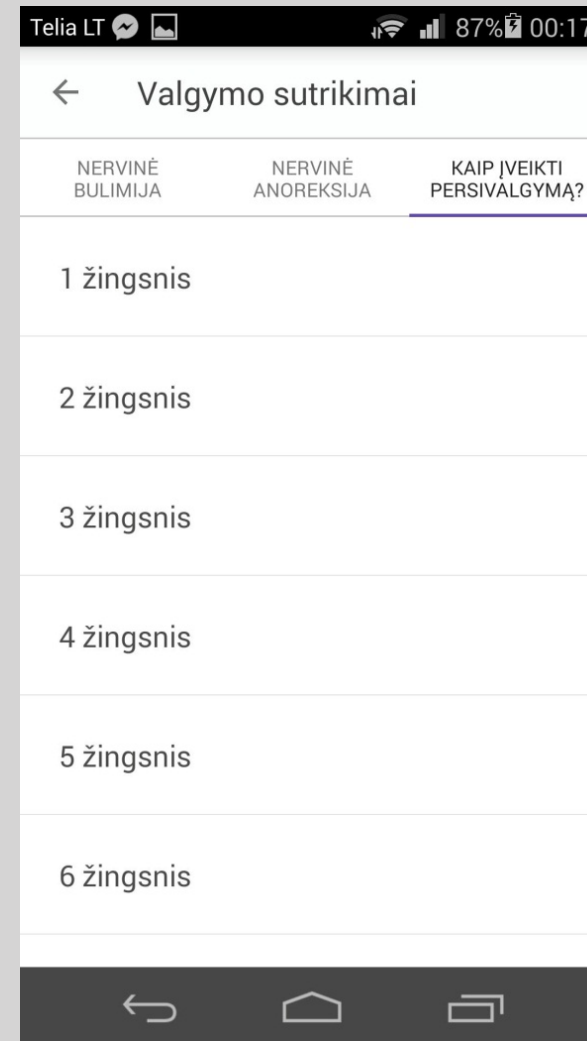
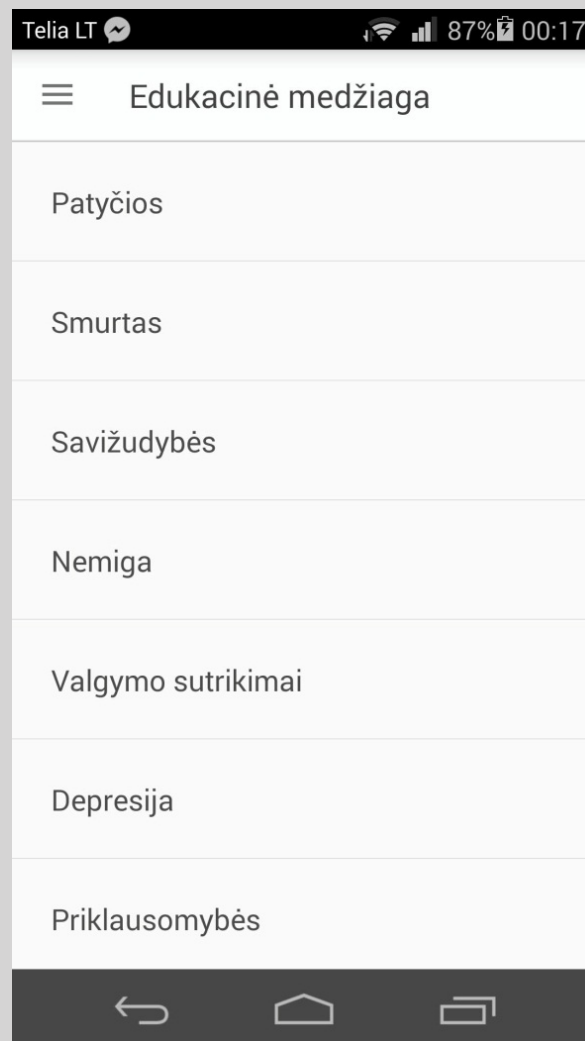




# Interactive map



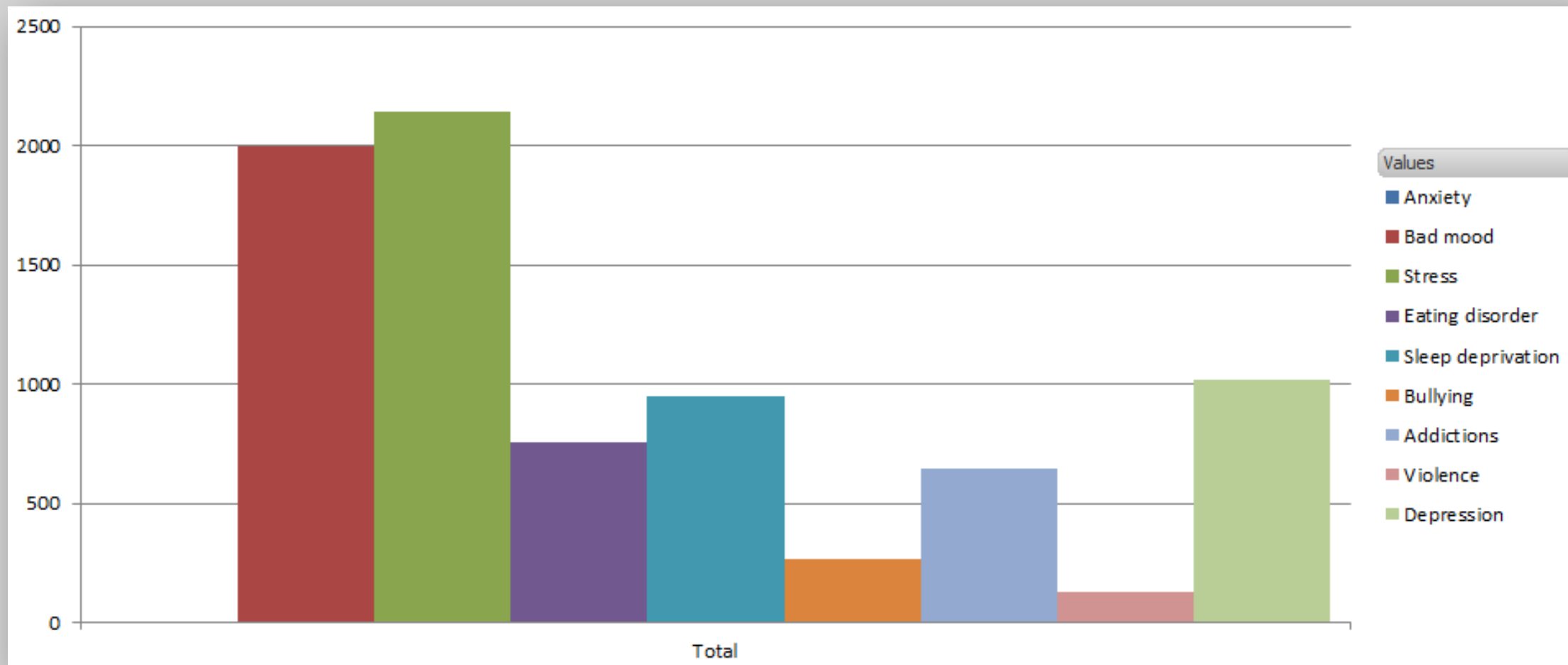
# Educational information



## User data

- Period:
  - from: 15th of May, 2017
  - till: 5th of June, 2017
- Users in total: 3809
- Average age: 31,62 years
  - youngest: 6 year-old
- oldest: 78 year-old
- Gender: 2108 women, 1701 men

# Problems that users face



## Future steps

- Data analysis;
- Fixing and developing;
- Content creation (on newsfeed section);
- Algorithm development;

Thank you for  
your attention!

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