



4.8 Digital Health Tools for monitoring my mental health condition

Topic 4: Digital Health media for PID.



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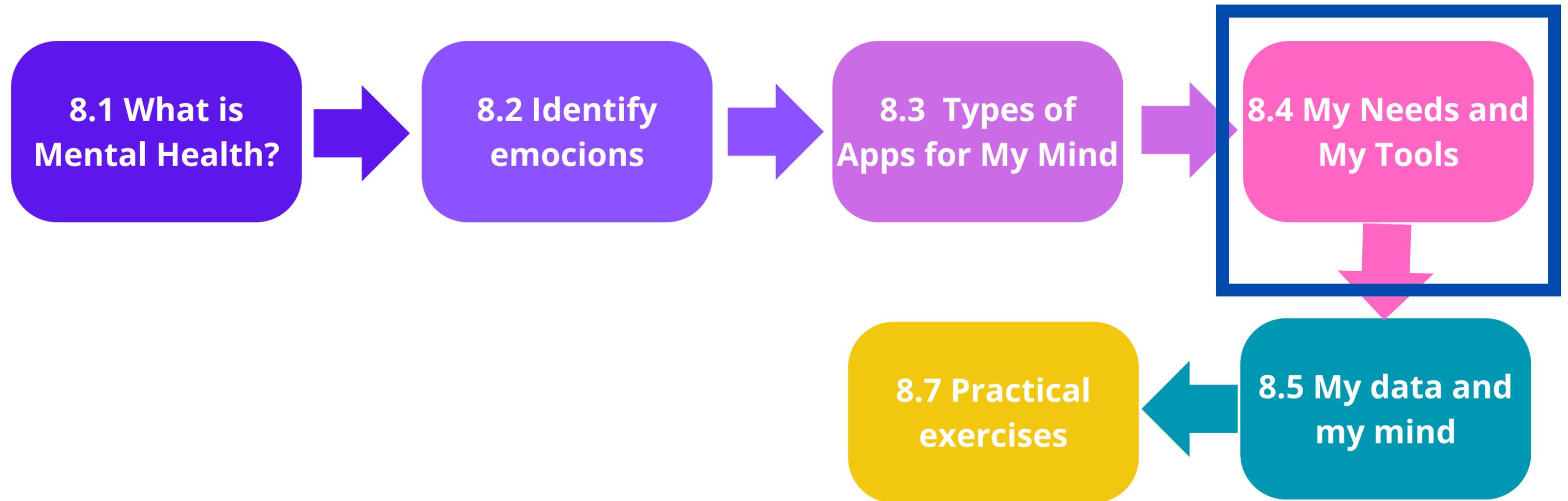
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Partners



TOPIC N° 2 : List of units



Let's Practice!





Find Your Digital Support!



Meet the eID Health Catalogue!

- It is a safe place where you can find many Apps to take care of your Mental Health.
- The Apps inside this Catalogue can help you feel calm and well.



Your Mission:

- Search for Apps that fit what you need (like breathing, sleeping, or calming down).
- Explore! There is a perfect App waiting for you in the Catalogue.
- Keep exploring to find the support that works best for you!



Remember: Finding the right tool helps you take control!



My Needs and My Tools

(Let's think together)

 MY PERSONAL NEEDS			 MY TOOLS		
<p>What helps me feel calm? 😊 Example: Do I need to relax my body, or calm my thoughts?</p>	<p>What makes my feelings very strong? ⚡ Example: What makes me feel angry, worried, or very sad?</p>	<p>What do I need most right now? Do I need help sleeping, focusing, or feeling happy?</p>	<p>Which App did you select? ? Did you choose a Breathing App, a Music App, or a Diary App?</p>	<p>Why did I choose this App? 🤔 Was it the color, the sound, or the simple instructions?</p>	<p>How does it help my need? 💪 Does it help me breathe slowly, or does it remind me to take a break?</p>

Let's share our ideas and learn from each other!



Using My Digital Tool

Sharing Our Experience with the App/Device

 WHAT WORKED WELL?			 WHAT PROBLEMS APPEARED?		
<p>What did the App/Device do best?</p> <p>Did it help you feel calm quickly? Was it easy to read or use the buttons?</p>	<p>How did it change your mood? 😊</p> <p>Did it make a bad feeling less strong? Did it help you sleep better?</p>	<p>What feature was your favorite? ★</p> <p>Was it the calm music, the colors, or the simple instructions?</p>	<p>What was difficult to use? 🤔</p> <p>Was the App too confusing? Did the text or instructions feel too fast?</p>	<p>Did it ask for too much information? 🔒</p> <p>Did it ask you for private things that made you feel uncomfortable?</p>	<p>What would you change? 🛠️</p> <p>If you could update the App, what would you add or remove to make it better?</p>

Sharing our honest experience helps us all choose better tools!