



## **Our Dorset launches centralised resource to promote trusted Mental Health Apps to Young people in Dorset**

Public Health Dorset is pleased to announce the launch of a centralised resource aimed at promoting trusted Mental Health Apps to young people in Dorset. These self-care and well-being apps have been carefully selected to support the mental and emotional health of young people.

Research has shown that in a digital age flooded with hundreds of applications, young people can find it difficult to know what to choose when looking for an app to support their mental health.

This same issue recently led some professionals working with young people to identify the need for a well-curated, easily accessible, selection of apps that can genuinely assist young people in taking care of their mental health and overall well-being.

Public Health Dorset and Our Dorset collaborated to collate apps that were free to download and use, and met with criteria including safety, quality, and variety.

Health Programme Advisor, Michael Pagan, Public Health Dorset said,

"In a world where young people face numerous challenges to their mental health and wellbeing, it's crucial that we provide them with the right tools and resources to help manage these challenges in the moment, and to help reduce their future impact. This collaboration with Our Dorset allows us to deliver a carefully selected collection of apps, ensuring that young people in Dorset have access to safe, high-quality, and diverse solutions to support their self-care and wellbeing."

The list is being hosted by [Our Dorset](#) and [Dorset Youth Association](#), where there is a detailed breakdown of each app, including their specific benefits. Understanding how each app operates empowers young people and their parents to choose the one that best suits their needs.

This aims to make a meaningful difference in the lives of young people, supporting them on their mental health journey.

Christian Telfer (NHS Dorset) said:

*“Our population are actively searching for digital mental health and wellbeing support and clicking through to the Our Dorset App Library as a resource. Having a dedicated and trusted Youth Mental Health Apps page available is a much-needed section of that Library, and reassures people that they are using apps which have met quality standards.”*

Mike Bennett (Dorset Youth Association) said:

"Empowering and supporting young people Dorset is a key aim of Dorset Youth. Our website is the only dedicated website aimed at young people, which has been designed for young people by young people. We provide a range of support and guidance that can be found locally and nationally. This digital platform serves as a vital tool, ensuring young people have access to the knowledge, skills, and opportunities essential for their journey into adulthood"

The list will be reviewed six monthly to ensure that the included apps continue to meet the criteria and so that any new apps can be reviewed for inclusion.

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#### **About Public Health Dorset**

Public Health Dorset aims to improve and protect the health and wellbeing of the population across Dorset with an emphasis on reducing health inequalities. Public Health Dorset delivers this as a shared service across both [Dorset Council](#) and [BCP Council](#).

For more information about Public Health Dorset visit <https://www.publichealthdorset.org.uk/> or sign up to our Health and Wellbeing e-newsletter [www.dorsetcouncil.gov.uk/e-news](http://www.dorsetcouncil.gov.uk/e-news)

Contact: [Public Health Dorset's Communications Team](#)

#### **About the Our Dorset Digital App Library**

**The Our Dorset Digital Health App Library** gives residents the power to manage their own physical and mental health, supporting them to stay healthy and well by recommending quality, safe and effective apps to suit their healthcare needs.

Digital Healthcare Apps and Digital Health Solutions are growing as a natural part of day-to-day health and wellbeing, even more so since the COVID-19 pandemic. Digital Healthcare tools and services are increasingly being used to support patients with long-term conditions such as cancer and diabetes, and with lifestyle changes such as smoking cessation and diet management.

The Digital Health Library gives you thousands of apps across all health conditions, comprehensively reviewed so you can feel confident finding quality, trustworthy and effective digital health tools for you and your family.

#### **About Dorset Youth Association**

Dorset Youth is an enabling and engaging service for those that work and support children, young people and families in Dorset. Dorset Youth supports clubs and groups across Dorset and facilitate the 0-25 VCS Forum.

[www.dorsetyouth.com](http://www.dorsetyouth.com)