

CAMHS Bestie App

The **BESTIE** Story

The BESTIE story...

The idea to create an online world to help young people manage their mental health came from a group of young people in Worcestershire. They wanted health professionals to use technology better and to understand the online world. Helpfully, the NHS decided to put some money into using digital tech better. They called it the Global Digital Exemplar (because the NHS likes important sounding names). The NHS knew that by using tech better, it could help to keep people healthy and to make sure that if they needed help, it could be the best help possible. This money helped to fund a project where young people could lead a team of mental health professionals and tech people, helping them to understand what young people need... The mental health professionals listened, understood and helped to include things that would support young people's emotions. The tech people listened, understood and helped to bring the ideas to life. The team met after school (because taking time out of school isn't always easy) in places designed for young people (because who wants to meet up in hospitals?) and ate pizza (because this helped their creativity). Each time new ideas were born, the whole team looked at them carefully and decided which ones would be used. One day, the team decided that their creation needed a name. A competition was held and the young people voted for their favourite: BESTIE.

Information for **Professionals** and **Parents**

BESTIE has been developed by clinicians at Health and Care Worcestershire NHS Trust in collaboration with young people and IT designers. We have worked hard to create a safe online space, which supports young people's mental health and emotional wellbeing. Clicking on the 'BESTIE features' button on the homepage will show you how BESTIE works and what young people, families and professionals can expect to see in the app. The information contained in BESTIE is age-rated, so that if a child of 10 years old downloads the app, they will only see information which we deem to be suitable for their age group. We encourage parents, carers and professionals to download the app, partly to use it themselves (there are some

helpful resources you might like) but also to feel comfortable with BESTIE if they are giving their children permission to download it. Apps should require parental/carer consent to download for all young people below 13 years of age. In the app, we welcome feedback from all users and are always looking to improve content, so do feel free to let us know what you think.

Children, young people and families who are engaged in work with Worcestershire CAMHS will soon have additional functions as part of BESTIE (including ways of tracking their goals and mood) which are due for release in 2020.

For more information visit:

<https://www.camhsbestie.co.uk/>

or download the BESTIE Worcestershire APP on your phone and follow the instructions.