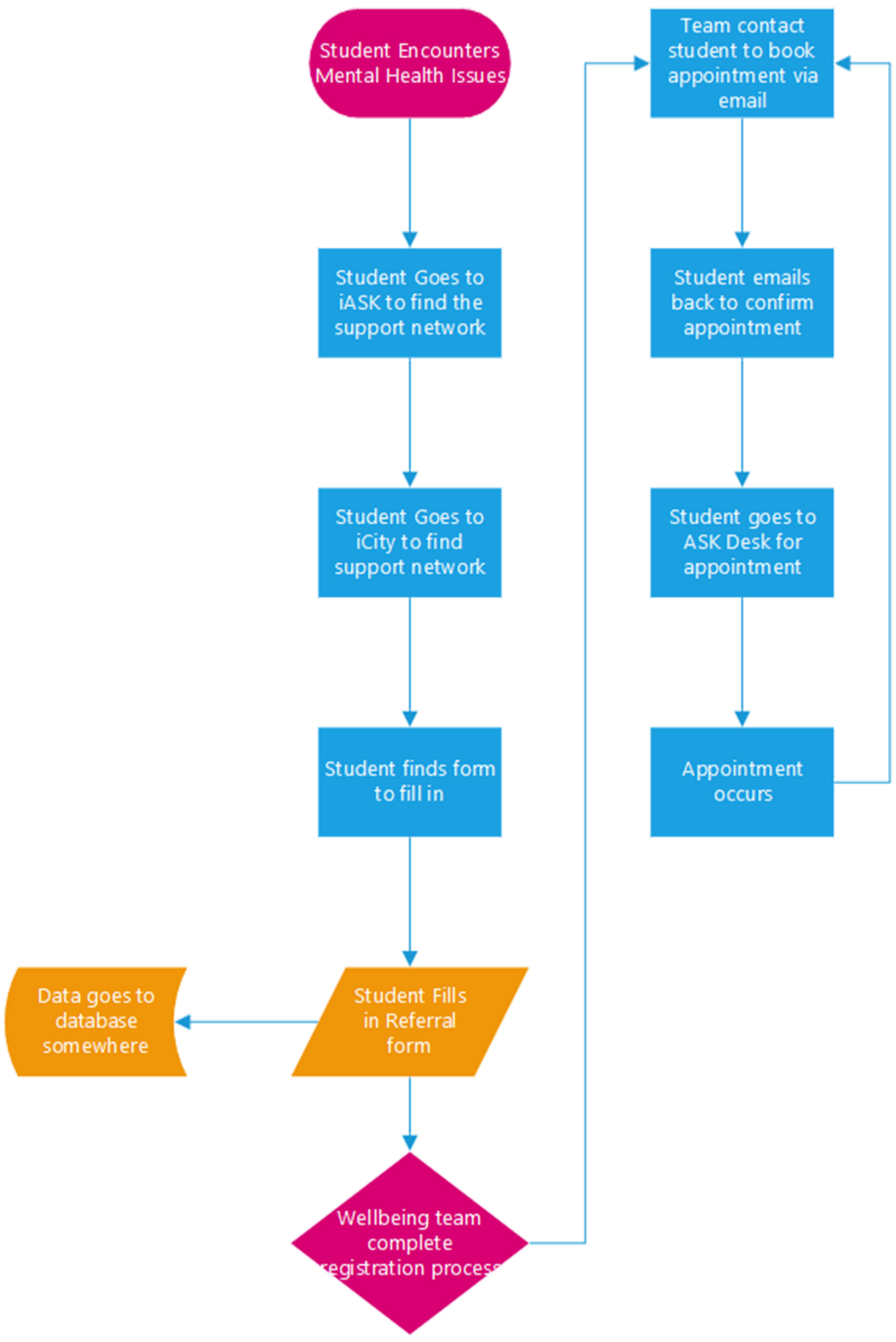
BIRMINGHAM CITY University

Student Mental Health Signposting App (My Mind)



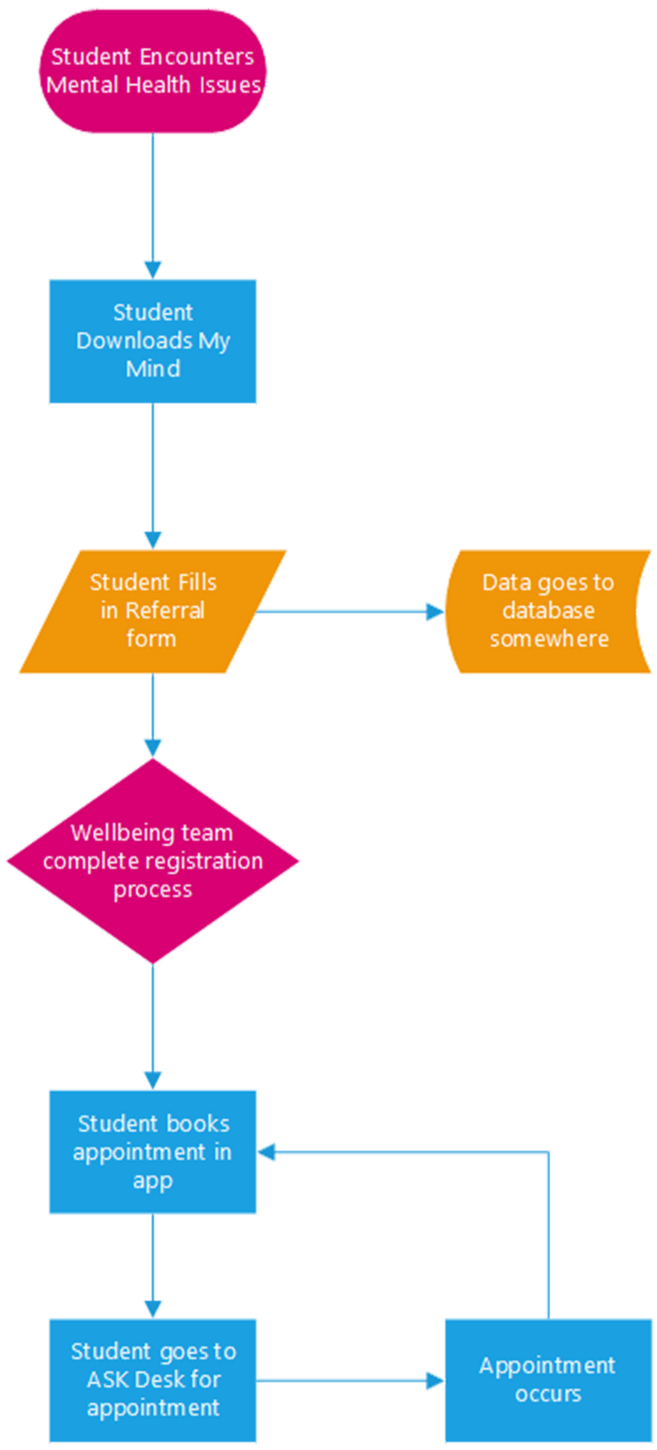
What Is My Mind?

My Mind is an app that allows you to connect to a mental health and wellbeing councillor, call emergency helplines and talk to people who also suffer from mental health issues using the online forum.

The current BCU mental health and wellbeing service requires a lot of steps which can discourage students from reuqesting assistance.

My Mind simplifies this process and allows staff to easily manage their appointments and give the efficient support that both the university and students need.

The cuts from BCU towards the student affairs department will directly affect the current system and make it harder for students to get support.



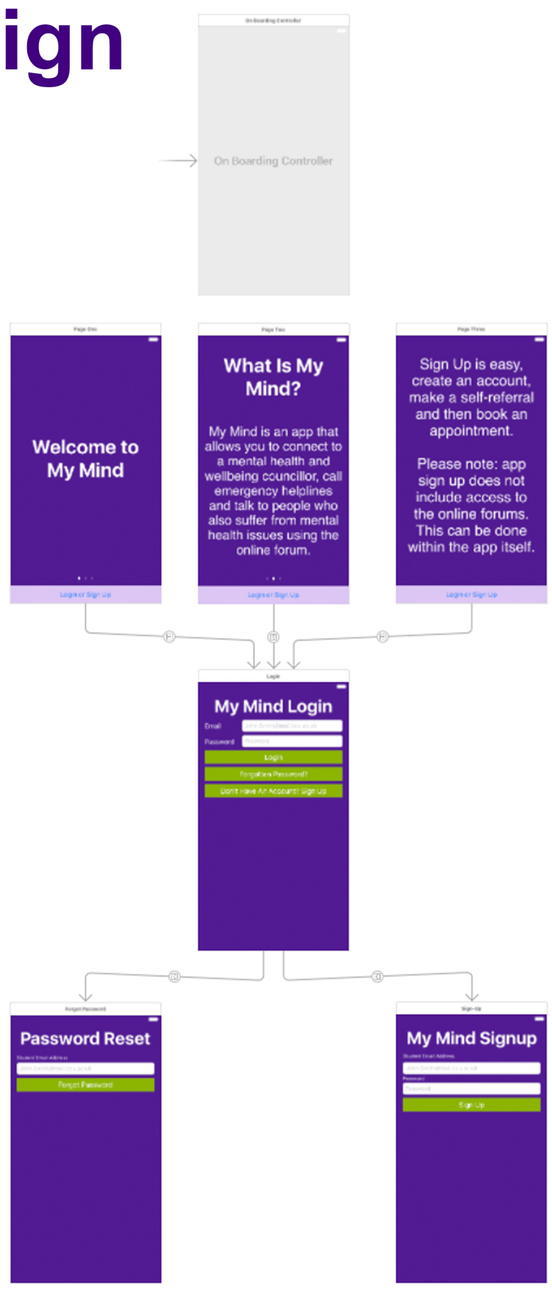
Initial Objectives

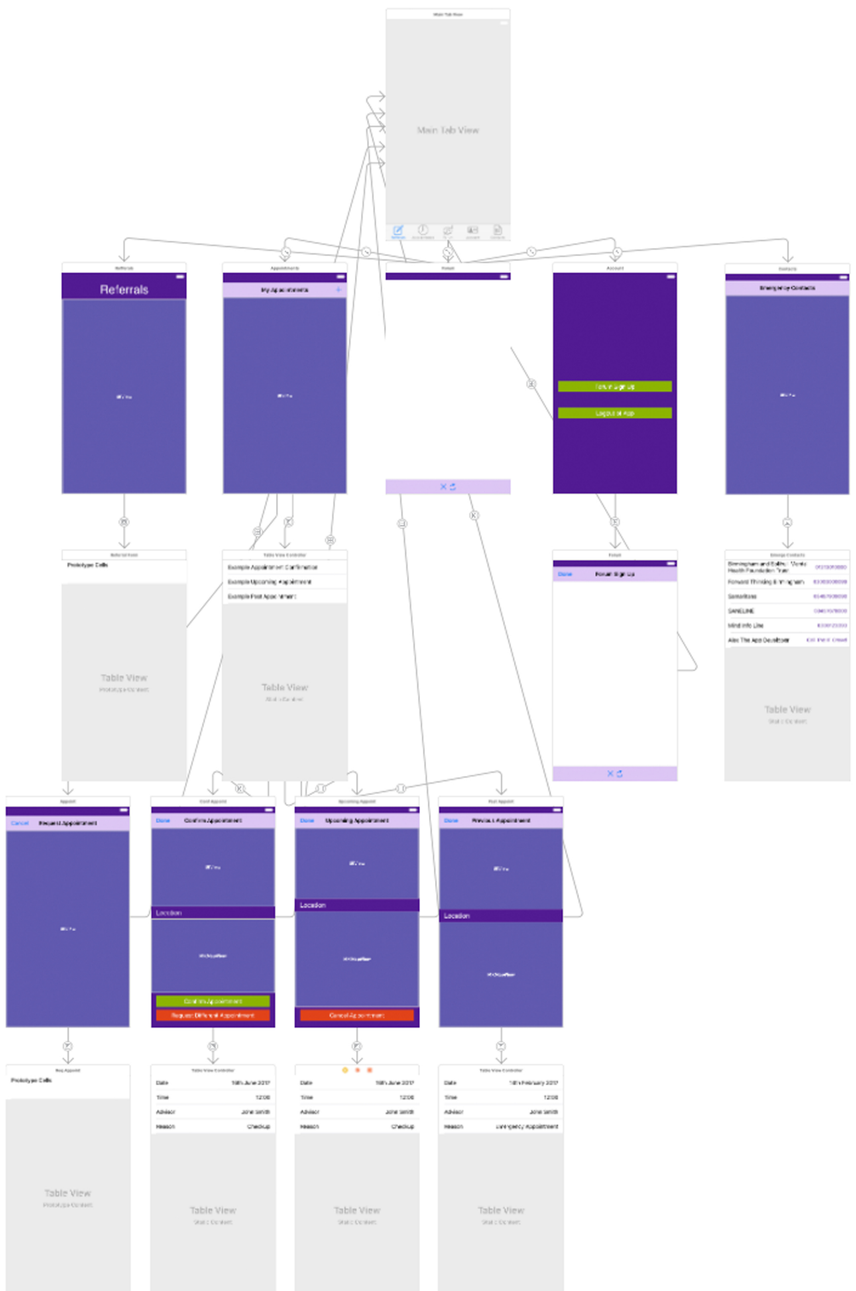
- Streamline the process for getting support
- Create a network for students to find support from those in similar situations
- Create an easy system for remembering appointments and locations

Future Plans

- Bring My Mind to BCU
- Implement notifications for updates and reminders.
- Network with charities to bring My Mind system to other universities

The Design





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