Mental health app

Below are key benefits of using technology for mental health support:

Support for anyone, anywhere – technology means more people can access help, no matter their location. As long as they have a smartphone and access to the internet, support is in the palm of their hands.

More affordable – the Panda app is free to download, and access to live-interactive group sessions, content, and assessments is free. They also offer low-cost 1:1 intervention in the form of text-based chat support.

Anonymity – while the Panda team hopes to reduce the mental health stigma, it still exists, and there are people who would prefer to remain anonymous when seeking help. Technology enables this.

Helps sufferers take the first step to get help – technology provides a platform for mental health sufferers to take the first step to get the care they need. It can be intimidating to make an appointment with a mental healthcare professional; technology removes this barrier and makes it easier to join a live session and listen or review content in your own time.

Convenience – support sessions are within reach of users and can take place anytime, anywhere and is the answer for those who are intimidated by in-person appointments.

Sources

Research (info)

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apps

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