



A Smarter Way to Mental Health

Faro10 is both an app and a cloud-based software platform that offers a way for mental health providers, patients and patient observers to objectively track treatment progress through the assessment of symptoms, both observed and self-reported.

Patients can easily track their moods, medications, symptoms and treatment activities as well as make journal entries on a regular basis.

Patient observers (such as family, trusted friends and counselors) are also able to submit their own reports through the app.

All information is sent privately to the patient's clinician(s), who can review patient dashboards in real time, administer computer-based exercises and easily collaborate with other providers.

“The app lets me easily share how I'm feeling with my therapist, and I like how I can go back and see how I was feeling each day over the past few months.”

-Faro10 Patient User



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#mentalhealthanalytics

Faro10

Mental Health Monitoring & Analytics

Key Features & Benefits

What Faro10 Offers Patients and Their Loved Ones

For patients, Faro10 addresses the need for greater insight into a patient's health and well-being via their own thoughts and observations. The app provides an easy way to document symptom changes and report on interpersonal, social and behavioral concerns.

Other key benefits of Faro10 include the ability for patients to record their moods, track prescriptions and request help for themselves or others.

Observers of the patient, including family and friends, are also able to weigh in with their input, which can offer insight into medication effectiveness, as well as triggers and other reactions for a more holistic view of a patient.

Benefits of the Faro10 App



App allows you to easily record mood, activities and medication so you can measure your progress and advance your treatment plan



Quickly and conveniently track symptoms on your mobile device



Record mood vitals like anxiety, energy and concentration with touch-sensitive sliding scales



Track medication amounts and any side effects



Record and save journal entries, anywhere and at any time



Easily transfer your treatment history when changing providers

60%

of adults with a mental illness didn't receive mental health services in the previous year.

3 million

adolescents aged 12 to 17 in the U.S. had at least one major depressive episode in the past year.

90%

of those who die by suicide in the U.S. have an underlying mental illness. Suicide is the 10th leading cause of death.

Faro10

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How to Use the App

How to Install and Begin Using the App

Get started today by searching for "Faro10" in the Apple App Store.

Sign Up & Confirm Your Registration

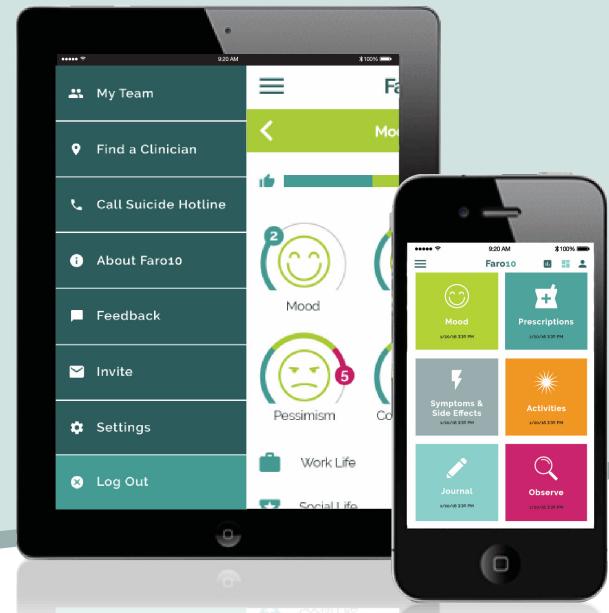
On the home screen, click register. Fill in your email, user name and password. When you receive your registration confirmation email, click the link to activate your account.

What You'll See On Your Home Screen

Once you're logged in, view your own dashboard with six selections: mood over time, symptoms and side effects, journal notes, prescription history, activity, and observations. On the website, you can also take other computer-based exercises and send to the clinician of your choosing.

Life Scale Ratings

View your progress over different time periods, with charts that display your moods, social interactions, symptoms and more.



Mood—Using sliding scales, regularly rate your mood, concentration, energy, initiative, anxiety and pessimism levels, as well as how you feel about your work, social and family life.



Symptoms & Side Effects—Indicate any symptoms or side effects of your medications, and rate your sleep, appetite and level of joy.



Prescriptions—View and update a calendar history of your prescription consistency and dosage.



Activity—Note therapy sessions you have attended and the amount of daily exercise.



Journal—A place for you to write your thoughts and feelings to share later with your clinician.



Observe—Family and friends can add their own observations about your moods and the effectiveness of treatment.

“ Faro10 allows patients to self-monitor and securely send information to providers. It's a tool that empowers patients to be a more active participant in their own care. ”

—Laura Kanai, MS, MFT, LPC, See Change Counseling Services, and Clinical Director for Faro10