

USING MENTAL HEALTH APPS: KEEPING CLIENTS SAFE AND UNDERSTANDING WHICH ARE THE BEST MENTAL HEALTH APPS TO USE

LIZ ASHALL-PAYNE & PHILIPPA WEITZ



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About Philippa Weitz

I am interested in the success of the online therapeutic relationship, security, confidentiality, & jurisdiction as well as the use of virtual reality and artificial intelligence in therapeutic settings.

Most of all, I want to inspire therapists to simply go beyond turning on their webcams and thinking that is online therapy. There is such an exciting world out there for the online therapist as big as the capacity of our mind to explore beyond what we are comfortable with.



So, what are my formal roles?

- Training Director for the Academy for Online Counselling & Psychotherapy,
- Psychotherapy Director at Dr Julian,
- Vice Chair and R & D Director for the Association for Counselling & Therapy Online,
- and author/editor of Psychotherapy 2.0: Where Psychotherapy and Technology Meet and series editor for the Psychotherapy 2.0 series including Online Supervision edited by Anne Stokes.
- Click [HERE](#) for available courses & workshops.

Event Details

Liz Ashall-Payne, ORCHAs CEO, will discuss with Pip Weitz and John Wilson the benefits of using mental health apps that have been assessed as suitable for mental health care.

One in three people in the UK now experience a mental health condition and with nine in ten people now owning a mobile phone; getting the best health app solutions to people couldn't be more important. ORCHA - one of the innovations currently being supported by the national NHS Innovation Accelerator (NIA) - have developed an online library of health apps to safeguard Professionals, patients, and citizens from using harmful apps and to use good apps to support their mental health and wellbeing.

The featured apps have been evaluated and reviewed based on current standards regulations and best practice including FDA standards, NHS Digital DAQ process, and NHS Digital recommendations. Those that are safe, effective, and tackle health conditions common amongst children, from nutrition and mental health to oral health are promoted.

As an ACTO membership benefit, as well as having open access to viewing all the apps on the ORCHA site, you'll have your own access where you'll be able to go and select suitable apps to recommend to your clients for use on their phone which will support people to monitor and manage their mental health in between professional care.



Event Details (Ctd)

As part of the NIA an NHS England initiative delivered in partnership with the country's 15 Academic Health Science Networks (AHSNs), ORCHA is being supported to accelerate the uptake of it's service across England. Commenting on the work, Laura Boyd, national programme lead for the NIA, said: This simple yet innovative approach, utilises technology to engage people with health, and it works. The library cuts through the app store noise of more than 325,000 apps and helps you to safely find the right ones for you or your patients.

You can see the assessed apps at acto-hub.orchha.co.uk.

Contact / Website / Social Media

Click the links below to make contact

www.orcha.co.uk

www.acadtherapy.online



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