



**Healthy London
Partnership**

Healthy London Partnership (HLP) Children and Young People's Mental Health Shared Learning Event

**Digital mental health presentations:
The Mix multi-channel offering
Shout Crisis Text Line
Healios and Think Ninja
Good Thinking and NHSGo**

Supported by and delivering for:



Public Health
England



SUPPORTED BY
MAYOR OF LONDON

London's NHS organisations include all of London's CCGs, NHS England and Health Education England



Delivering mental health services that work

Chris Martin - CEO

Chris.Martin@themix.org.uk

Prevalence

- 50% of disorders are diagnosable by the age of 15, 75% by the age of 24 – Kessler et al (2005)
- Prevalence of emotional disorders is increasing over time, as well as increasing with age – NHS Digital (2018)
- One in eight (13%) of 5-19 year olds had at least one mental disorder in 2017 - NHS Digital (2018)
- 70% of young people do not receive appropriate or timelines support – Children's Society (2008)
- Young women are a particularly high risk group: 53% of young women with a disorder reported having self-harmed or making a suicide attempt - NHS Digital (2018)

Why digital?

How can digital services help to ease the crisis in mental health services for young people?



A **cost effective** way to reach vast numbers of young people, fast



Bringing knowledge to young people where they are, **24 hours a day**



An anonymous, familiar and **safe space** for young people

What we have learned

Service Design

1. Choice is key

How, where and how much young people interact is not up to you

2. Don't just listen: change

Listen authentically and commit to constant evolution

Technology

3. Enable easy access

Minimise delays and barriers at all costs; be creative with triage

4. Invest in tech

Evolve with technology, and integrate for a frictionless experience

People & Systems

5. Value volunteering

Engage users, harness their enthusiasm and scale your reach

6. Be part of the journey

Complement and collaborate with existing services

1. Choice is key



In 2018 The Mix introduced **Webchat Counselling.**

For 42% users this service provides their first experience with counselling

1. **Immediate channels** (phone or text) are great for support during emergencies
2. **Gender preferences** have emerged, with men preferring immediate channels
3. **A youth brand** that is strong and trusted reduces 'bounce' and promotes cross-channel interaction

2. Don't just listen: change

Comments
aren't just for
allowing users
to interact

Social Media
sites aren't just
for talking *at*
young people

Analytics aren't
just for boasting
to our funders

The Agile Philosophy

- ✓ Delivers regular iterative updates
- ✓ Invites changing requirements
- ✓ Puts users at the centre of projects
- ✓ Encourages self-organising teams
- ✓ Promotes personal motivation

3. Enable easy

access

At The Mix, we have developed two chatbots, which make tailored, detailed one-to-one support available instantly to young people

Artificial Intelligence:

- ✓ **Is immediate**
- ✓ **Can handle complexity**
- ✓ **Is neutral**

Sexual consent bot



Introduced in response to a high number of comments on articles about sexual consent

Domestic Violence bot



Co-created by young women with insight into appropriate language and tone

4. Invest in tech

Design

- Thoroughly scoped requirements
- Free if possible!

Development

- Frictionless systems integration
- Robust / future-proof

Roll-out

- Piloted with small groups
- Strong SEO

Our golden rule: involve service users in co-design at every stage

5. Value volunteering

A blended team of staff, volunteers and community users is ideal:

4. Staff: volunteers are bolstered by a team of dedicated staff

3. Volunteers: special position of trust, rapport and authenticity

2. Peer support: (e.g. discussion boards) halfway to volunteering

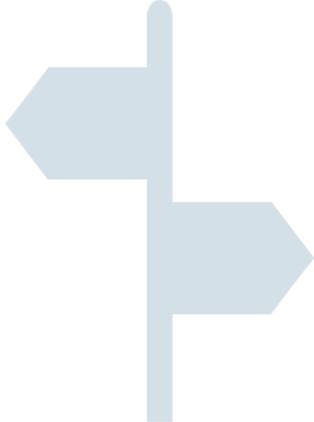
1. Users: passionate service users need a progression pathway

6. Be part of a journey

1. Integrate seamlessly, planning end-to-end user journeys in and out of different service elements

2. Market services correctly – be clear what the service asks of young people and how it can help

3. Know your boundaries – accounting for things issues like confidentiality in choosing partners and co-operating for smooth case management



The Mix's articles on suicide do not allow any comments

The best support we can offer here is signposting to NHS and other services



Our next few year will focus on....

ARTIFICIAL INTELLIGENCE

We will use AI and our wealth of existing data to best triage and package content

DATA AND SYSTEMS

We will gather, use and publish data to improve our services and understanding?

PARTNERSHIP AND REACH

We will reach out to young people, policy makers and others in the sector

MENTAL HEALTH INNOVATIONS

Dr Fiona Pienaar
Chief Clinical Officer
Mental Health Innovations/Shout
fiona.pienaar@mhiuk.org

Background

- The Royal Foundation
- Heads Together
- Legacy project
- Using data to develop innovative digital mental health products
- Imperial College



CRISIS TEXT LINE |

CRISIS TEXT LINE |

**MENTAL
HEALTH
INNOVATIONS**

Registered charity: 1175670

shout

for support in a crisis

**MENTAL
HEALTH
INNOVATIONS**

Registered charity: 1175670

CRISIS TEXT LINE |

The UK's first, **free 24/7 direct messaging**
service for anyone in crisis anytime, anywhere



crisis

A crisis is a mental or emotional state that has left the texter in a dangerous condition or unable to cope in a functional or productive way. Our crisis interventions offer in-the-moment support of active crisis situations

CRISIS TEXT LINE |



1

**Proven technical
platform licensed
from US**

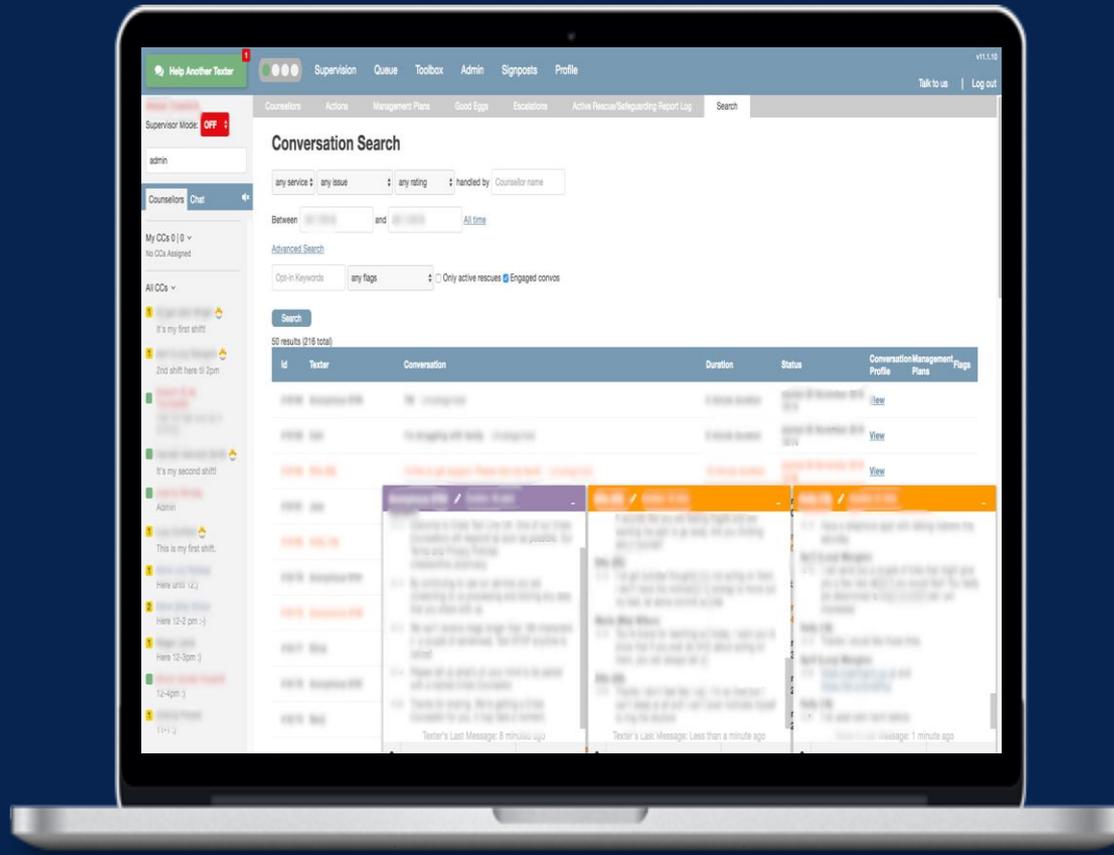
2

**Matching at-home
volunteering model with
clinical expertise**

3

**Successful launch
as white label**

Scalable Technology Platform



Stats over 14 months

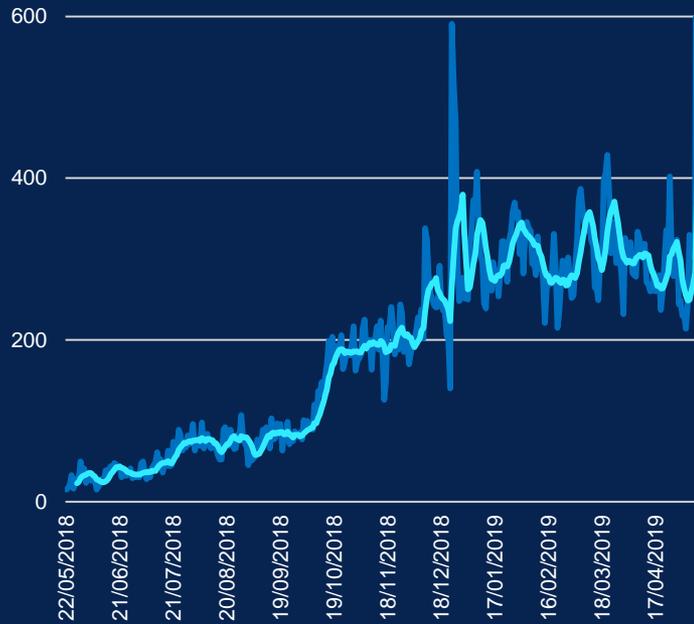
- Approx. 85,000 conversations with 42,500 Texters
- Approx. 1,000 active Crisis Volunteers; with another 250 about to start; 640 in training
- 26 Clinical Supervisors (UK/NZ); 7 Coaches
- Active Rescues = 2,242 (2.6%)
- Age demographics:
18-24; 14-17; 25-34; 13 and under

Presenting issues tagged in post-convo surveys by Volunteers and Supervisors

1. Suicide (38.9%)
2. Depression/Sadness (36.5%)
3. Anxiety and Stress (29.4%)
4. Relationship (28.3%)
5. Isolation/Loneliness (19.7%)
6. Self harm (19%)
7. Abuse, sexual (3.7%)
8. Gender, sexual identity (1.2%)

Managing Supply & Demand

Daily Conversations

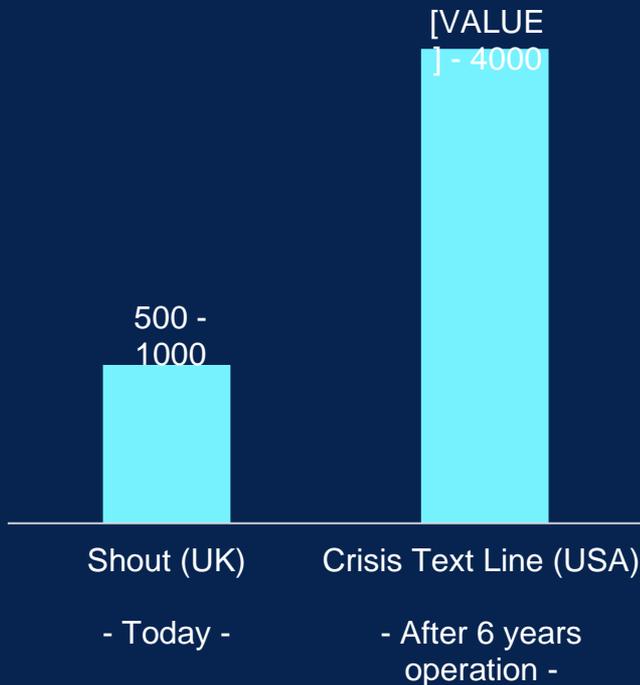


Volunteer Cohort Growth

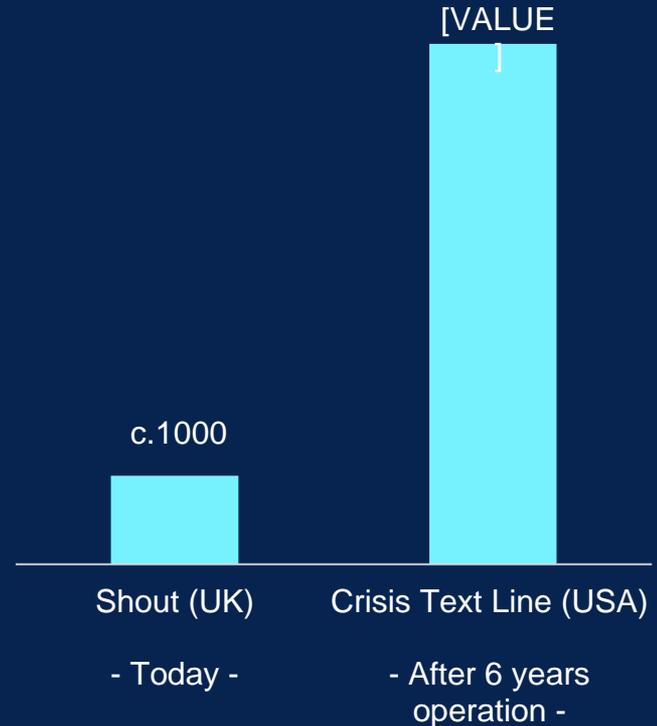


Strong anticipated growth

Daily Conversations



Volunteers



Unprecedented Data Insight

Critical data to design and target interventions via **partnership with Imperial**

Digital platform to scale, reducing delays in access

Together providing a **total transformation of the mental health landscape**



Partners

Current
Partners

Imperial College
London

THE MIX



YOUNGMINDS



best
beginnings



Switchboard
LGBT+ helpline

contact

Sample of Prospective
Future Partners currently
in discussion



Anna Freud
National Centre for
Children and Families





You've saved a life tonight and helped
me find hope again

I now know that there are people
around to help me

I went from a sobbing anxious mess to
someone that was somewhat calm
and collected after talking with
[scrubbed]. She really was so helpful
and made me feel that my feelings
were valid and not totally ridiculous.

Thank you for helping me. I've never done
anything like this before and I hate talking
on the phone so it's nice to have a text
service. I was worried about doing this but
I'm glad I did, you calmed me down and
put my mind at ease.

I'd like to say thank you. I'm slowly
coming to terms with it and have let my
mother know too

You really lifted up my mood and
you were really helpful. I was pretty
jittery at first but you really calmed
me. Thank you.

Thank you so much for the kindness you showed me this evening.
You genuinely made a huge difference in bringing my overwhelming
racing thoughts back to a place nearer calm.



Bringing exceptional healthcare to **anyone, anytime, anywhere**



Designing mental health services for children and young people

Richard Andrews - Founder, Chairman and CEO Healios

Twitter: [@_Healios_](#)

[#digitalhealth](#) [#mentalhealth](#)



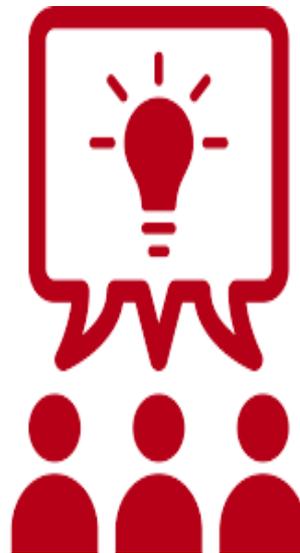
Mental Health Services

Combining the best of the partnership capabilities through a co-design approach to bring high quality support to clients anytime, anywhere



Partnership

+



Co-design

=



Prevention & early intervention that wraps around client and family lifestyle and needs

Great partnerships with NHS and the third sector across the country... some of our examples

Oxford Health 
NHS Foundation Trust


Berkshire Healthcare
NHS Foundation Trust


Coventry and
Warwickshire Partnership
NHS Trust

Southern Health 
NHS Foundation Trust

Sussex Partnership 
NHS Foundation Trust


Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

East Midlands
Academic Health Science Network


North West
Boroughs Healthcare
NHS Foundation Trust


Morecambe Bay
Clinical Commissioning Group


East Riding of Yorkshire
Clinical Commissioning Group


Birmingham and Solihull
Mental Health NHS Foundation Trust

Somerset Partnership 
NHS Foundation Trust


Oxfordshire
Clinical Commissioning Group

Rethink
Mental
Illness.


Central and
North West London
NHS Foundation Trust

Blackpool Teaching Hospitals 
NHS Foundation Trust


North East Hampshire and Farnham
Clinical Commissioning Group


Guildford and Waverley
Clinical Commissioning Group

CarersBucks


forces in mind trust
SUCCESSFUL SUSTAINABLE TRANSITION


North West Surrey
Clinical Commissioning Group

Cornwall Partnership 
NHS Foundation Trust


AUTISM AT
KINGWOOD

Embracing
Autism


autism
oxford

Isle of Wight 
NHS Trust


Canterbury and Coastal
Clinical Commissioning Group


Avon and Wiltshire
Mental Health Partnership
NHS Trust

 Healios

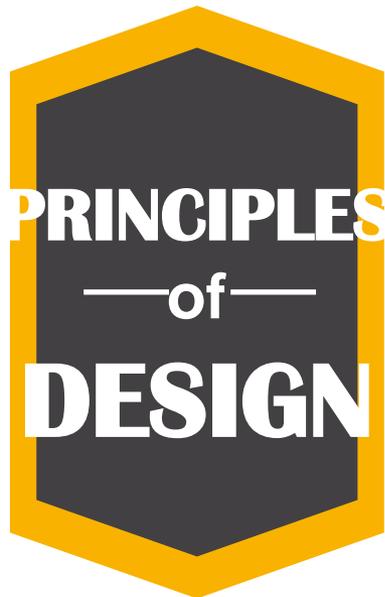
Creating a great experience...

...to drive for better outcomes

Fun

Simple

Reliable



Intuitive

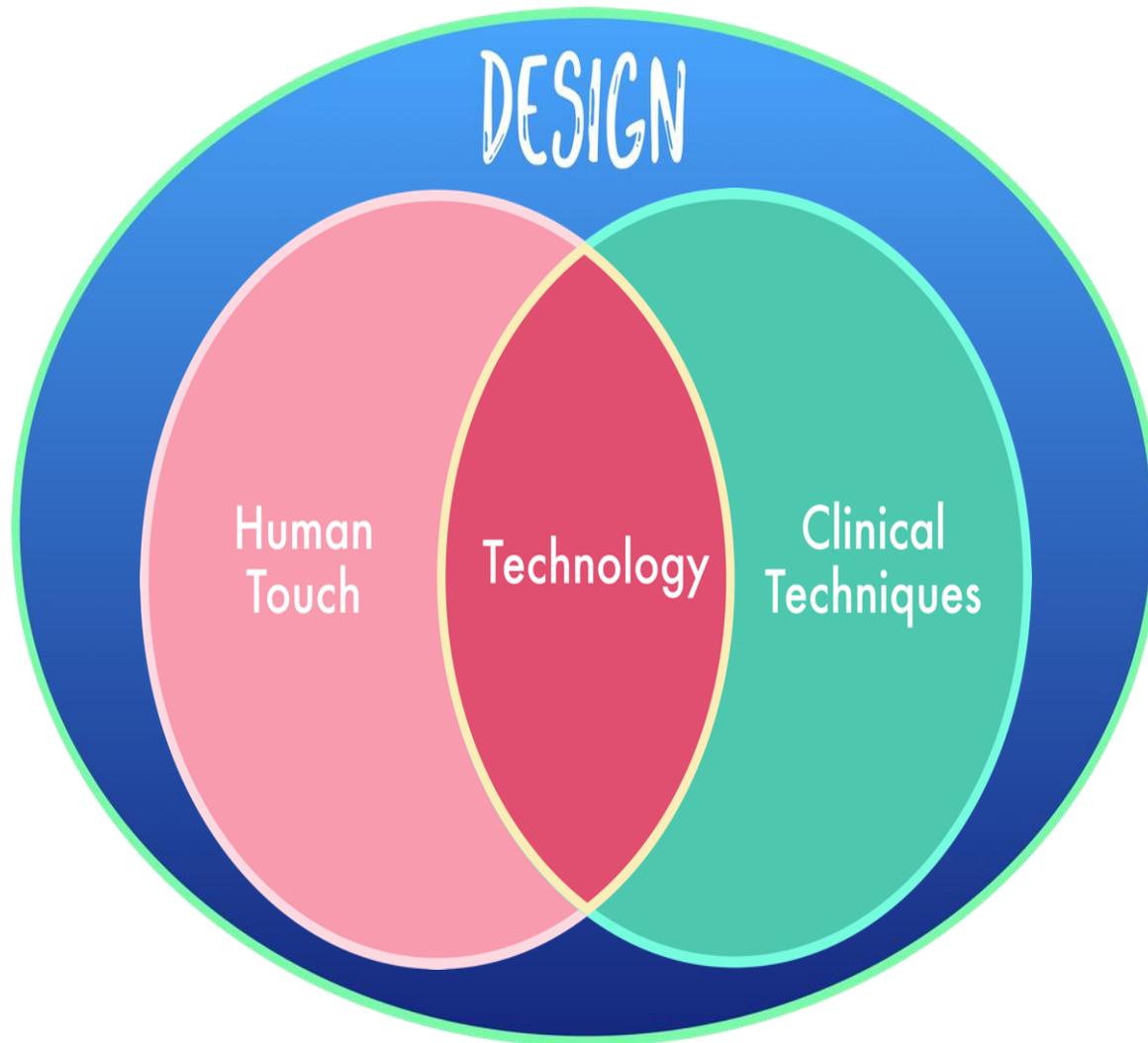
Inspires

Beautiful



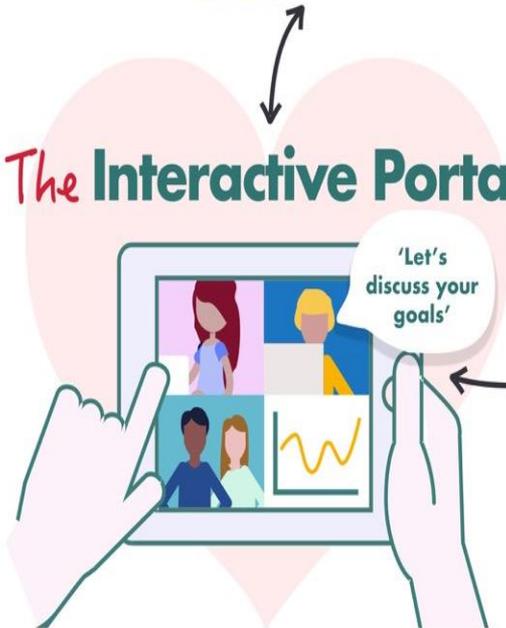
Our big challenge

It's an art form

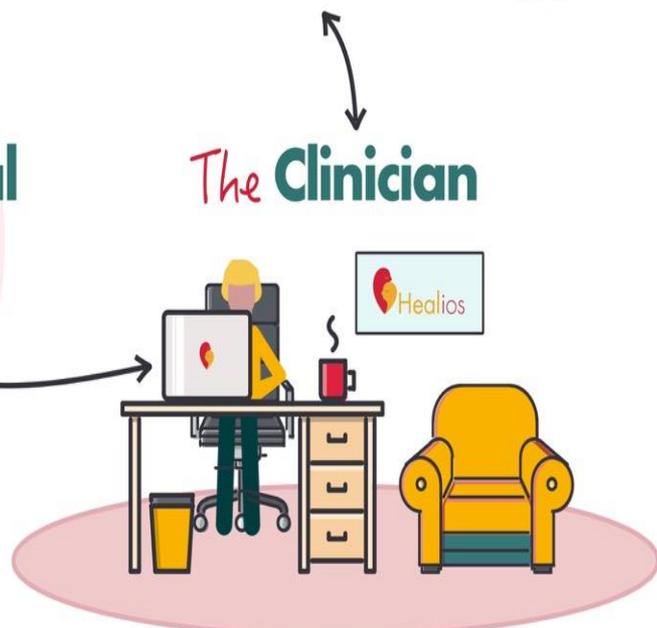




The Interactive Portal



The Clinician





Specialist online provider of mental health and neurodevelopmental conditions

Children and young people

Anxiety	Eating disorders
Low mood	Troubled Families/ Parenting
ADHD	Trauma*
ASC	Attachment disorder*

Adults

Depression (incl. perinatal)	Adjustment disorder
Anxiety	PTSD
Bipolar	Psychosis, Schizophrenia
ASC	Personality Disorders

An extensive pathway of digital services designed to meet the needs of clients and their families

Prevention

Getting Advice



2 clinical
+ Step-up
levels

- ✓ Emotional health & wellbeing
- ✓ Resources to build knowledge, skills & resilience
- ✓ Guided self-help through virtual coach
- ✓ Monitor mood & wellbeing

Early Intervention

Getting Help



- ✓ Mental Health assessments
- ✓ Neurodevelopmental screening
- ✓ Asynchronized clinician text triage via ThinkNinja
- ✓ 3-6 Goal focused intervention sessions **(CBT based)**

Specialist Intervention

Getting More Help



- ✓ ASC & ADHD assessments
- ✓ ASC & ADHD interventions
- ✓ CBT for anxiety &/or low mood
- ✓ Adapted CBT for specific difficulties
- ✓ Family Intervention
- ✓ Family Based Therapy

Recovery & Resilience

Getting Risk Support



- ✓ Goal focused intervention (FI based)

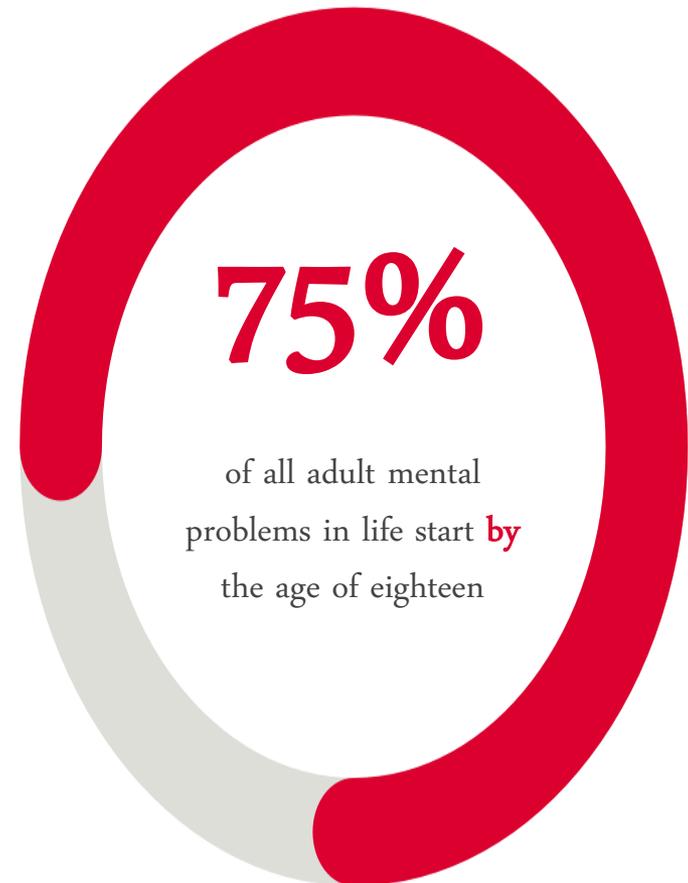
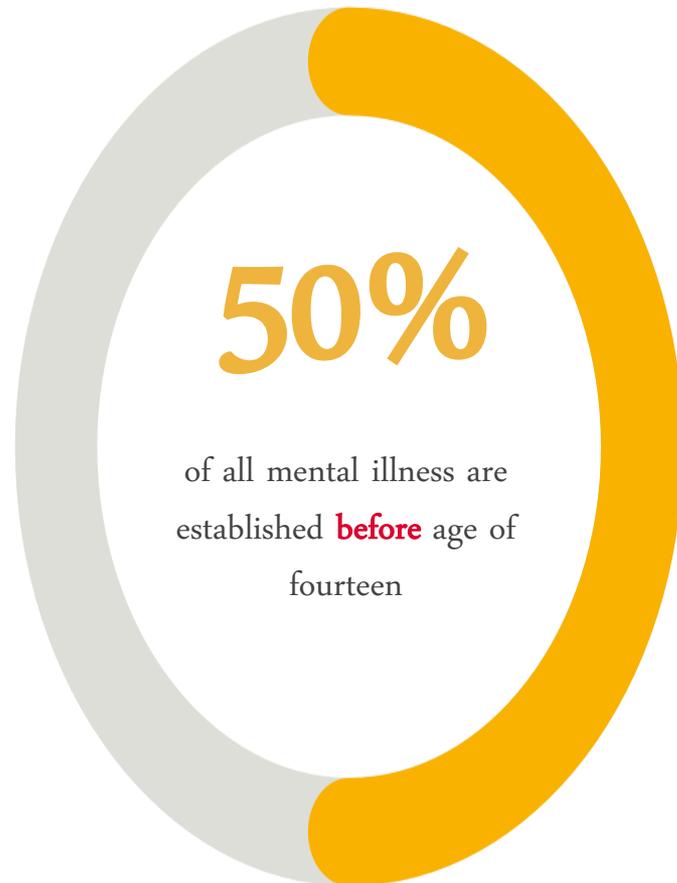
Growing mountain of morbidity

Children's mental illness



2004: 1 in 10

2017: 1 in 8



Opportunity

Bringing prevention and early intervention to all C&YP

(GreenPaper, long-term saving costs etc)



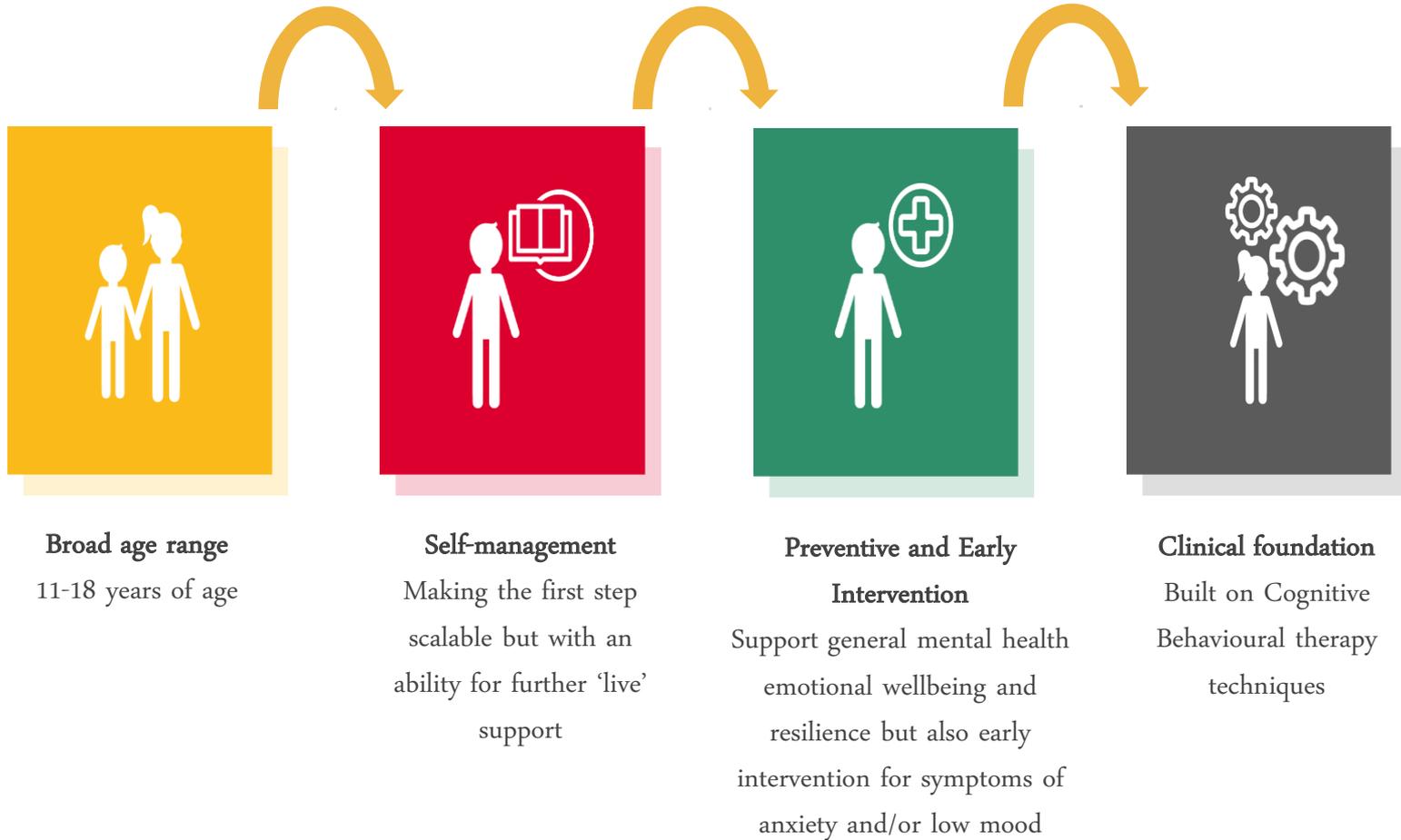
30,000+ C&YP
in a CCG area

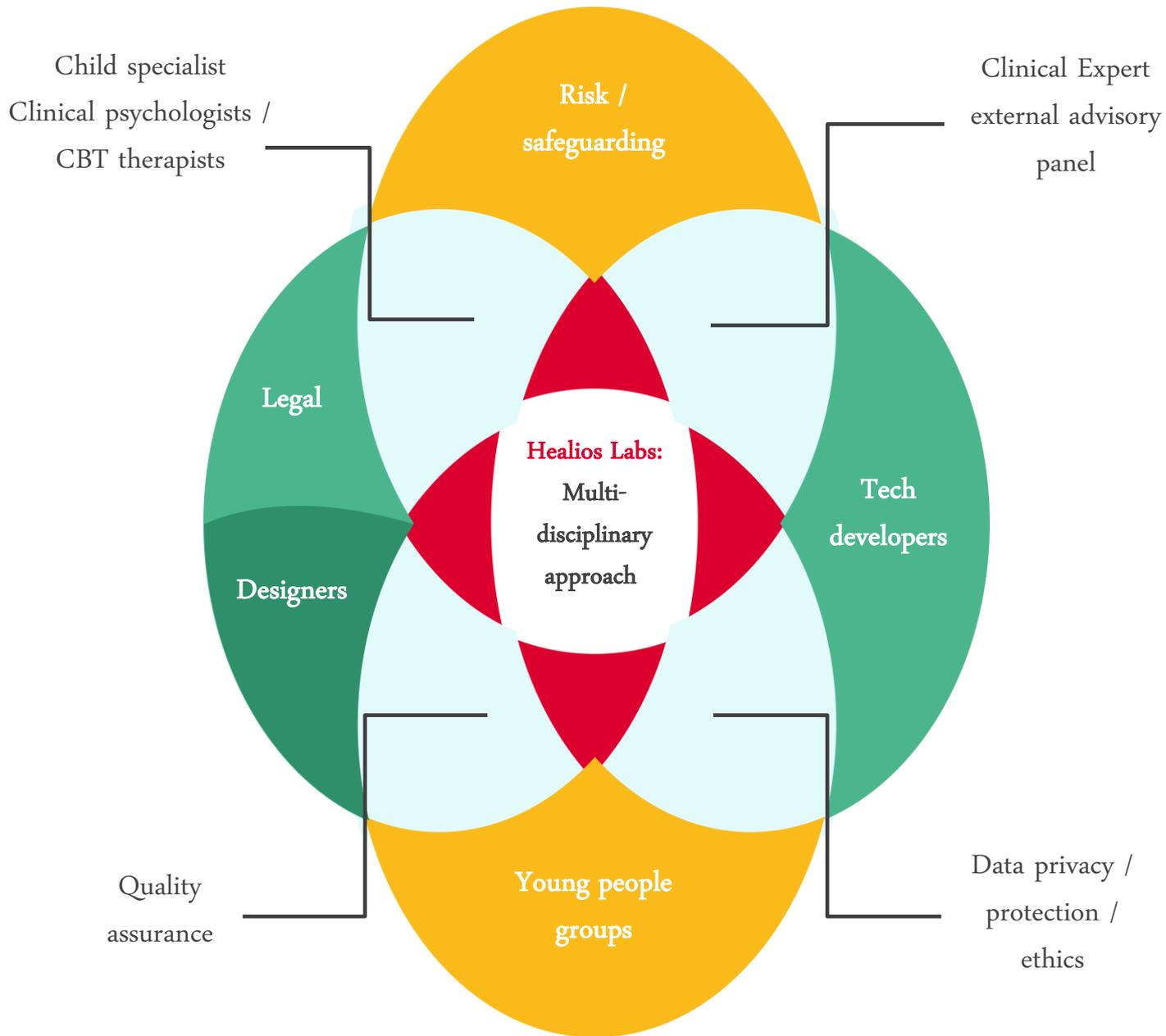
Challenges

- Scalability across an entire CCG area
- Solutions that engage C&YP on their terms
- Overcome access barriers and bring 24/7 coverage
- Delivering early intervention
- Cost-effective
- Quality management

What we set out to build

A coach in your pocket 24/7





ThinkNinja is being implemented across large C&YP populations as part of supporting the GreenPaper initiative

110,000

70,000

Young people across
Hampshire
(commissioned by
Hampshire CCGs)

25,000

Young people across
Coventry & Warwickshire
(Commissioned by
Coventry & Warwickshire
NHS Trust)

16,000

Young people across
Hounslow
(Commissioned by
Hounslow Education
Partnership via Hounslow
CCG)





Welcome to think *Ninja*

A World Class Coach In Your Pocket 24/7



ThinkNinja step-up brings a unique offering to support young people

ThinkNinja App



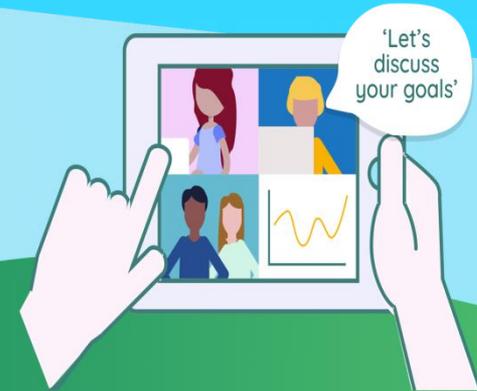
- ✓ **Educational content** on emotional health and wellbeing
- ✓ WiseNinja guide supports CYP in monitoring their mood, setting and reviewing goals, consolidate learning and promote skill practice between app usage
- ✓ CBT based techniques for symptoms of anxiety and low mood

Step-up 1 live text



- ✓ An **enhanced, needs led service**
- ✓ CYP can connect with a MHP via synchronous text chat to gain further support
- ✓ Allows live problem solving, assessment of need and signpost additional support where required

Step-up 2 video sessions



- ✓ **Clinician led, brief goal focused intervention**
- ✓ Up to 6 video-based sessions with a MHP to learn skills to manage symptoms of anxiety and low mood using CBT techniques.
- ✓ CYPs with more complex needs are supported to access local specialist services or further online specialist CBT (if available) as part of Getting Help

The world's first entire digital journey connecting prevention and early intervention in schools with CAMHS is now a reality...



ThinkNinja - early help (e.g. schools)

CAMHS Specialist Services

Clinician-led assessments

Symptom support CBT app

Clinician-led Treatment

Step-up 2 (video-based)

Launching Summer 2019

Step-up 1 (text)

Mental wellbeing app

Prevention

Symptom support CBT app

Early intervention

“I’m very impressed with the service. It was very convenient as we just all sat on the sofa for the sessions. But it was how they moved us straight away to another assessment which made all the difference. We didn’t have to wait months again, they just did it”

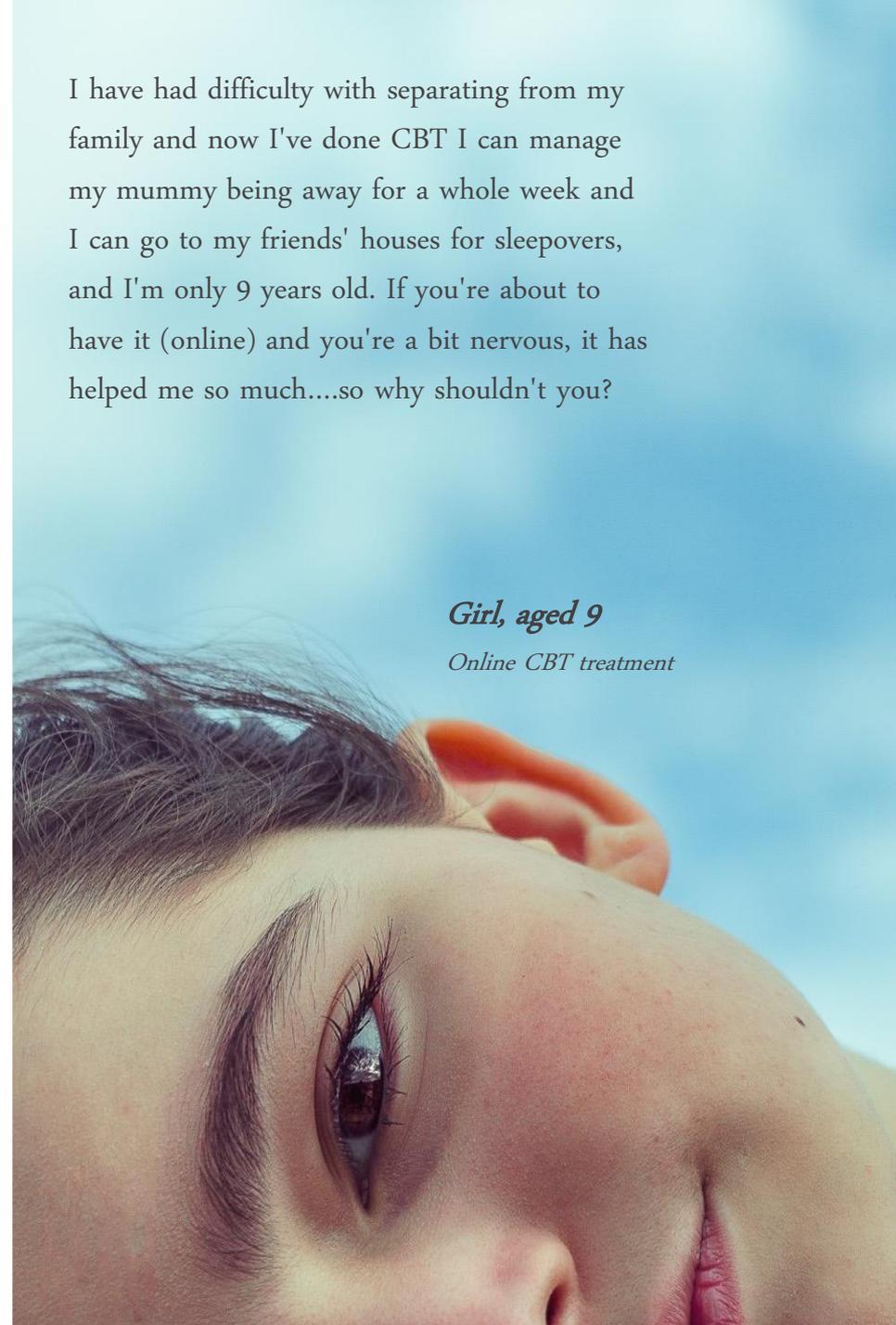
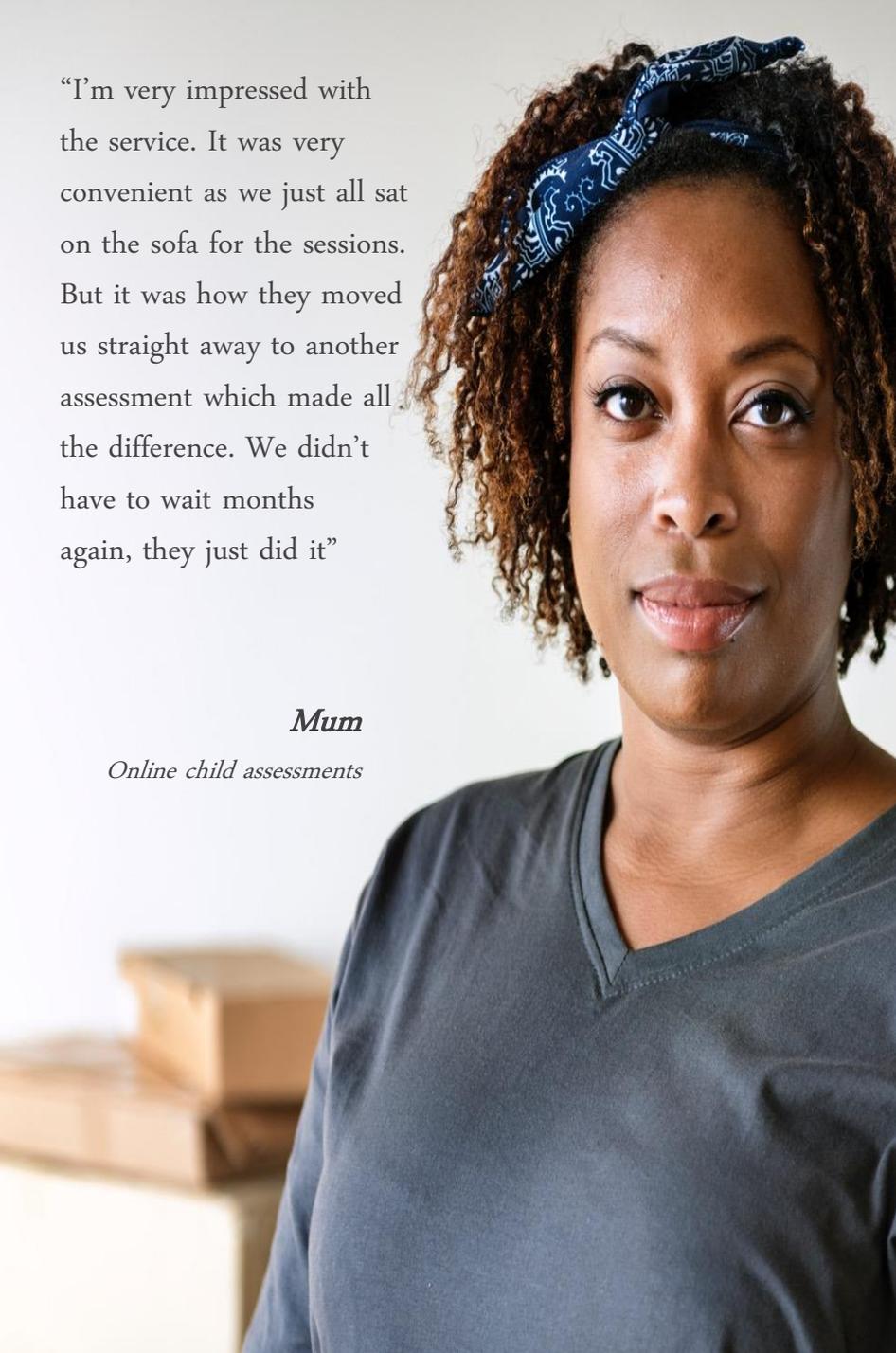
Mum

Online child assessments

I have had difficulty with separating from my family and now I've done CBT I can manage my mummy being away for a whole week and I can go to my friends' houses for sleepovers, and I'm only 9 years old. If you're about to have it (online) and you're a bit nervous, it has helped me so much....so why shouldn't you?

Girl, aged 9

Online CBT treatment



Thank you!



Visit thinkninja.io to find out more

Twitter: @__Healios__

#digitalhealth #mentalhealth

www.healios.org.uk

info@healios.org.uk

Good Thinking
Children and Young People's Mental Health
Shared Learning Event
3rd July 2019

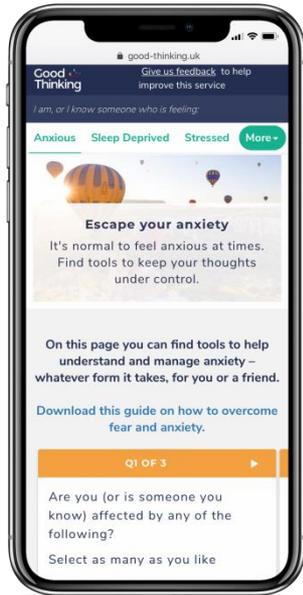
Dan Thomson
Good Thinking Project Manager



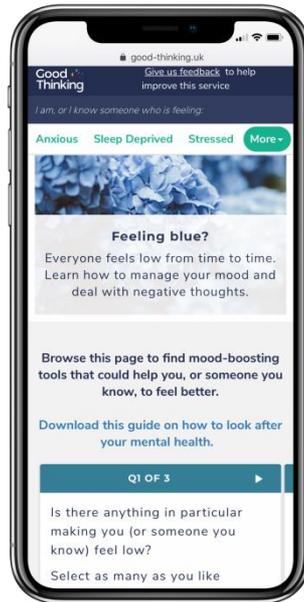
Good Thinking

London's unique digital mental wellbeing service launched November 2017

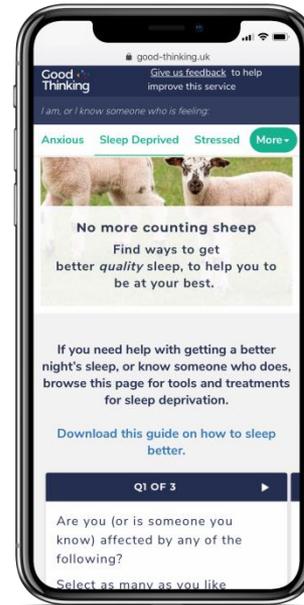
It's free for Londoners and offers support for the four most common mental health conditions: anxiety, sleep deprivation, stress, low mood



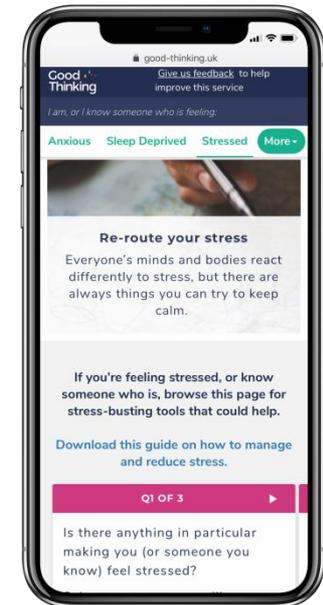
I am, or know someone who is feeling
Anxious



I am, or know someone who is feeling
Sad or Low



I am, or know someone who is feeling
Sleep Deprived

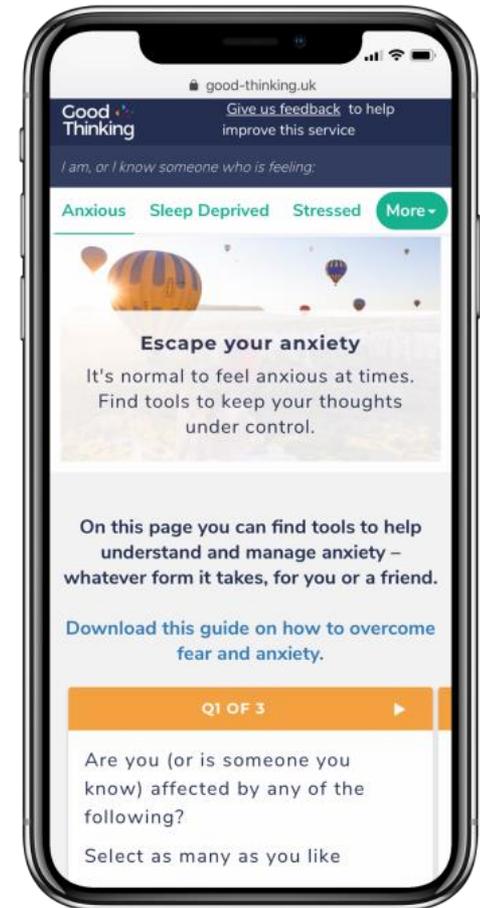
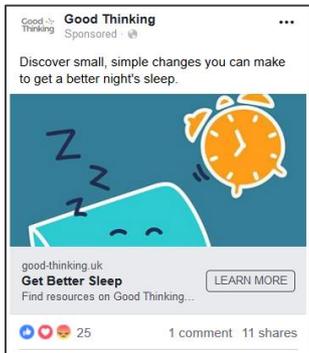


I am, or know someone who is feeling
Stressed

There is also a detailed self assessment programme for people who are wanting to explore the causes of their concerns

How does Good Thinking work?

Social media marketing (Twitter, Facebook, Google) finds Londoners searching for terms associated with common mental health conditions and directs them to Good Thinking.



Four common mental health conditions: anxiety, sleep deprivation, stress, low mood

Find tools and resources to help yourself and others to feel better.

From managing your anxiety to meeting like-minded people, whatever it is that you need, we want to help you find it.

Browse our topics

I am, or know someone who is feeling Anxious	I am, or know someone who is feeling Sleep Deprived	I am, or know someone who is feeling Stressed	I am, or know someone who is feeling Sad or Low
It's normal to feel anxious or worried at times. If these feelings start to occur more often or last longer, there are things you can do to keep your anxious thoughts under control.	A good night's sleep is essential for our emotional wellbeing and our physical health. Find ways to get better <i>quality</i> sleep, so that you can be at your best.	Stress is a natural feeling designed to help us when faced with a challenge. Everyone's minds and bodies react differently to stress, but there are always things you can try to keep calm.	Everyone feels low from time to time. Sometimes the feeling can last, so it's important to learn how to manage your mood and turn negative thoughts into positive ones.
Manage your anxiety	Get better sleep	Manage your stress	Boost your mood

Good Thinking

How does Good Thinking work

1

Users are invited to navigate to 4 key areas:

- Manage your **anxiety**
- Get better **sleep**
- Manage your **stress**
- Boost your **mood**

Find tools and resources to help yourself and others to feel better.

From managing your anxiety to meeting like-minded people, whatever it is that you need, we want to help you find it.

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Manage your anxiety	Get better sleep	Manage your stress	Boost your mood

2

Good Thinking captures and understands their personal needs via self-preferences or by taking a digital self-assessment test

Users are invited to complete a self-assessment, selecting the options that are of most concern to them.

Escape your anxiety

It's normal to feel anxious at times. Find tools to keep your thoughts under control.

On this page you can find tools to help understand and manage anxiety – whatever form it takes, for you or a friend.

[Download this guide on how to overcome fear and anxiety.](#)

Q1 OF 3

Are you (or is someone you know) affected by any of the following?
Select as many as you like

[can't leave the house](#) [can't switch off](#) [generally feeling worried](#) [panic attack](#) [thoughts racing](#)

Good Thinking

How does Good Thinking work cont.

3

Good Thinking offers users a range of personalised clinically approved digital and local interventions that can help them based on their preferences, self-assessment results and/or location.

Good Thinking allows users to compare the most relevant digital interventions and at a glance gauge their benefits and considerations.

Users can then investigate the chosen intervention and complete the course.

Top 5 picks for you

We have picked some resources that we think will be useful to you. Our systems are still learning so please let us know whether what you have found is useful!

#1



Be Mindful

Benefits:

- Free for Londoners - exclusive offer
- Evidence-based
- Beginner-friendly
- You receive detailed feedback on your progress
- Includes downloadable meditation tracks

Considerations:

- Be Mindful may not be suitable if you have severe depression or are currently going through big life changes
- Committing to regular practice will give you the best results

[Tell me more](#)

No thanks, show me something different

#2



My Possible Self

The app helps you to understand and identify the causes of your mood in order to help you manage future situations better.

Benefits:

- Free version
- Evidence-based
- Track your progress
- Document your thoughts and emotions throughout the day

Considerations

- £5.99/month or £59.99/year
- The modules work best when taken over a couple of weeks in order for you to practice skills and reflect on your tendencies

[Tell me more](#)

No thanks, show me something different

Good Thinking

Successes to date

Nov '17 - Jun '2019

325,000 visitors

225,000 unique IP addresses

100,000 repeat users

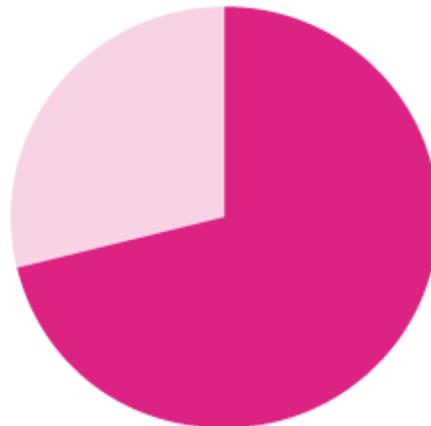
MONTHLY VISITORS

20,000

May '18 - June '19

31% repeat users

69% new users



Steady user growth

★ June '19
225,000

Average monthly user growth:
★ 15,625

Oct '18
100,000
users

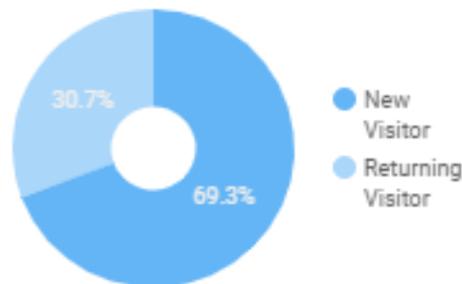
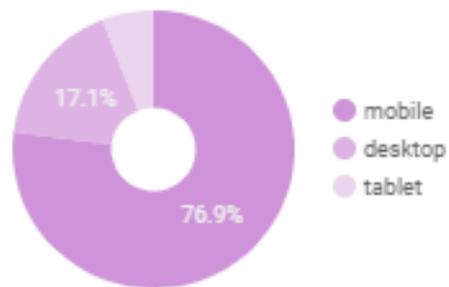
Stakeholder communications campaign Oct '18 - Jun '19:

125,000
NEW USERS

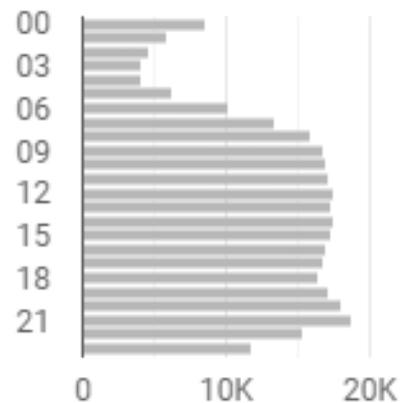
Good Thinking

Visits by device, time, and day

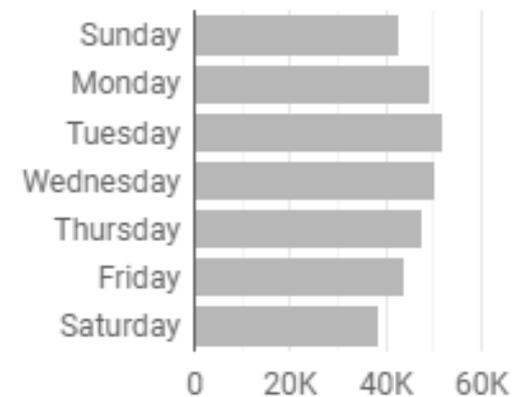
A significant number of people access the site between midnight and 06:00h



Visits by time of day



Visits by day of week



Be Mindful

Outcomes for Good Thinking users

Significant reduction in stress, anxiety and depression scores

81% of these people previously demonstrated caseness.

IAPT measures of Improvement & Recovery

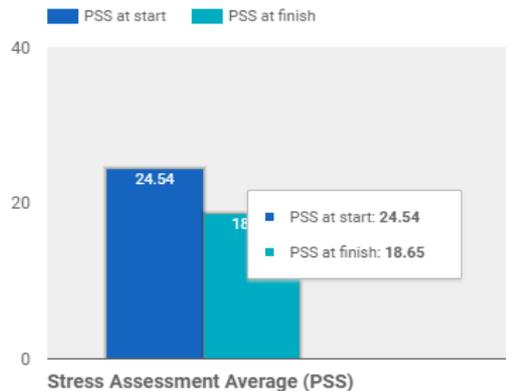
These measurements are calculated in accordance with the NHS Improving Access to Psychological Therapies programme.

Caseness
81%

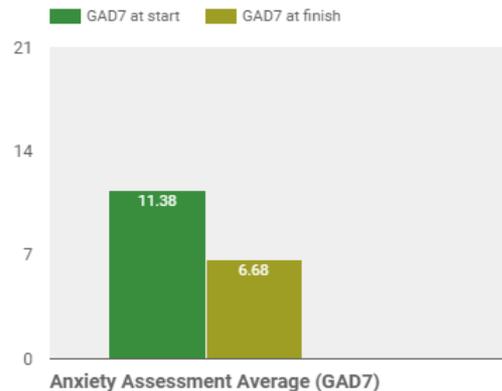
Reliable Improvement (of total)
65%

Recovery (of cases)
59%

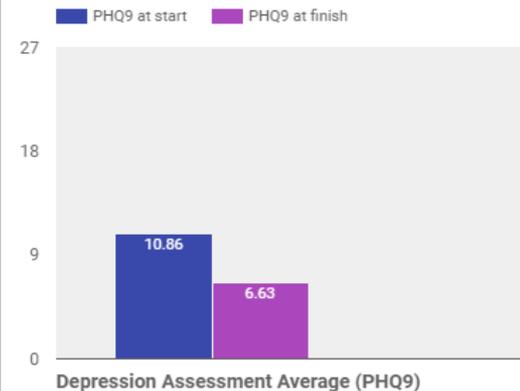
Reliable Recovery (of cases)
52%



Average Stress Reduction
24%



Average Anxiety Reduction
41%



Average Depression Reduction
39%

Good Thinking

For Children and Young People

- Good Thinking originally only targeted adults
- Children and young people are perhaps the most digitally savvy
- Possibly already accessing and using these resources

Expanding the service and campaign to 16 – 17 year olds

- Digital design studio engaging with young people to help shape Good Thinking for a younger audience - including co-creation workshop sessions
- Digital marketing organisation that has been using targeted Good Thinking advertising to reach people in need of mental wellbeing support will be running a paid ad campaign to 16-17 year olds on Facebook and also Instagram
- Digital health ambassadors programme

Scope out the use of Good Thinking to ages 13 – 15

Good Thinking

Online communities

The Good Thinking team is currently working with a world-leading expert on online community forums. This is an opportunity to extend the scale and breadth of Good Thinking and provides a way of engaging with communities and accessing an extensive range of people, many of whom are hard to reach (such as the Somali community) or have very specific concerns.

Commence initial input through existing online community forums; making use of this group functionality to establish groups for people that cannot be found easily. These include culturally specific online communities and more marginalised user-led groups for example:

- Mumsnet (perinatal)
- Scope (disabilities/pain)
- Talking Point (Alzheimer's)
- The Student Room
- Money Savings Expert (money worries)
- Ladbible (men)
- 250 community leaders engaged through Facebook Community Leadership Circles for London

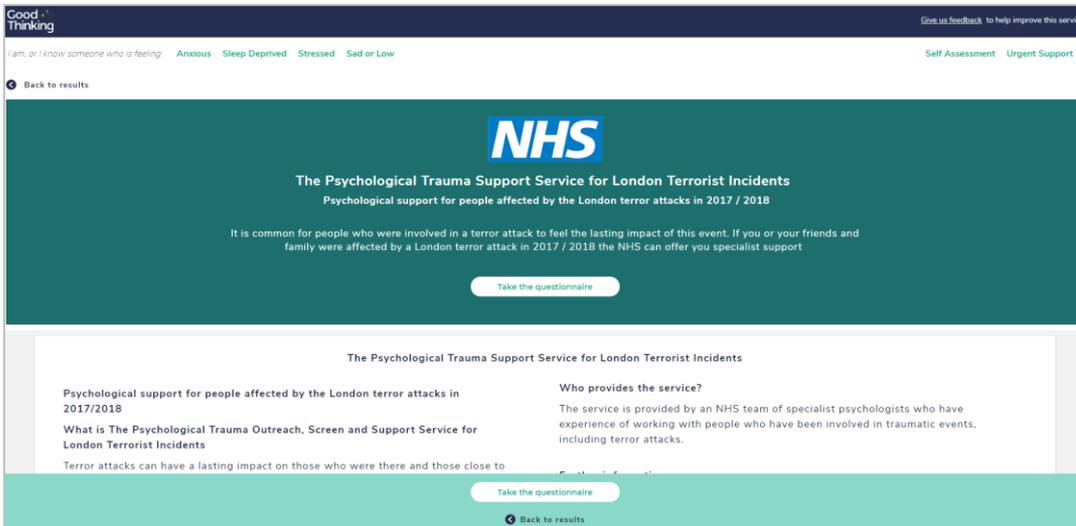
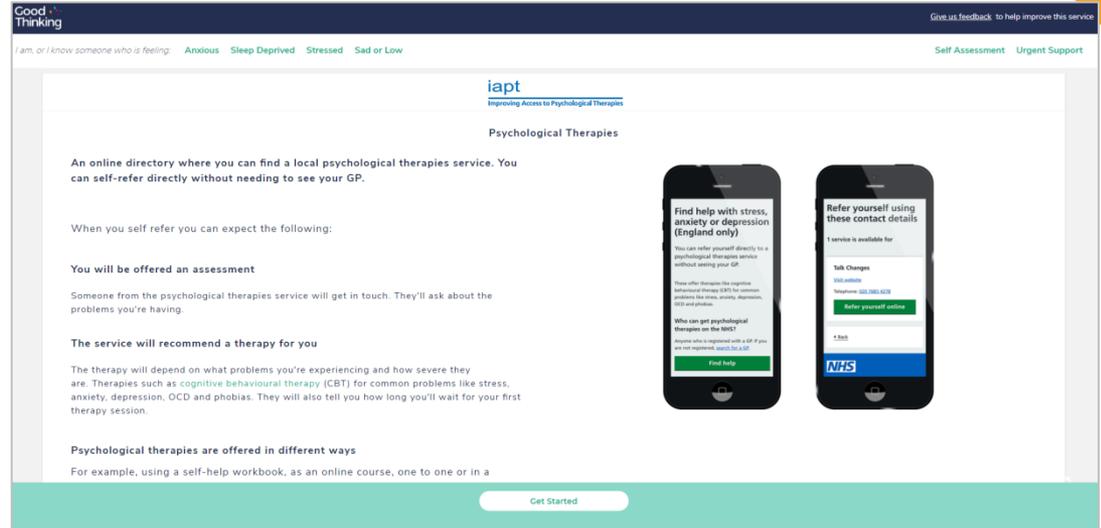


Good Thinking

IAPT and psychological trauma support

A pilot to enable users to self-refer to their local IAPT service is going live in November 2018. This will eventually link into some of the online digital IAPT services available.

An IAPT landing page is now present on the site.



A direct link to the psychological support service for those affected by the London terrorist attacks of 2017 is also present on the site.

Good Thinking

Save the date – 5th September

- Upcoming newsletter
- Contact details – daniel.thomson2@nhs.net
- Event details:

<https://www.healthylondon.org/our-work/mental-health-transformation/good-thinking-digital-wellbeing/>

www.good-thinking.uk



**Healthy London
Partnership**

NHS Go app: designed by young people for young people

Tracy Parr and Suzan Lateef

Children and Young People's programme

@HealthyLDN

Supported by and delivering for:



Public Health
England

NHS

**LONDON
COUNCILS**

SUPPORTED BY
MAYOR OF LONDON

London's NHS organisations include all of London's CCGs, NHS England and Health Education England

NHS GO launch video



<https://www.youtube.com/watch?v=mMBVW2IKtj0>

01

Designing the app

Designing the app

- Aimed at 16-24 year olds.
- Developed in 2016, after over 1,000 young Londoners told us they wanted better and easier access to health and wellbeing information.

Young people told us:

- Navigating the NHS health services was a challenge for young people
- They didn't know when, how and where to access services.
- They didn't know what their rights were when accessing health



Designing the app

- Survey completed by 500 young people
- Focus groups
- Young persons steering group

The group had a say over all aspects of the app, including, the content

- The topics covered
- The layout
- The name
- Where to advertise the app



Feedback from young people

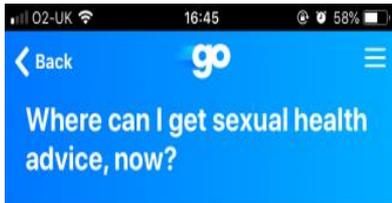
What matters to young people:

- NHS branding
- Confidentiality of the app
- Free and easy to use
- Content needs to be reviewed so it is kept fresh and up to date

02

The app

Health Section



Forgotten your pill or had unprotected sex? Maybe you're worried about something? Here's what to do and where to go if you need help urgently.

Could I have a sexually transmitted infection (STI)?

If you've had unprotected sex (without a condom), there's a chance you could have caught an STI.

Arrange to get tested if:

- you haven't got symptoms, but are worried you might have an STI
- you have symptoms, such as unusual discharge
- you have a feeling something is wrong



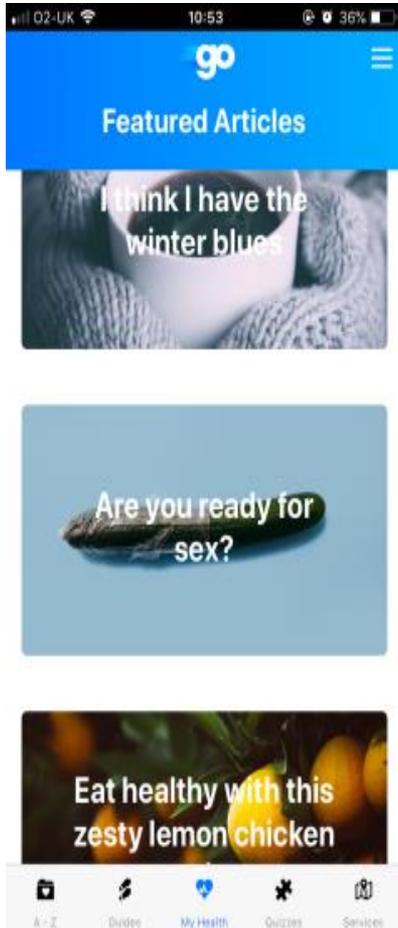
A health A-Z where you can search health conditions



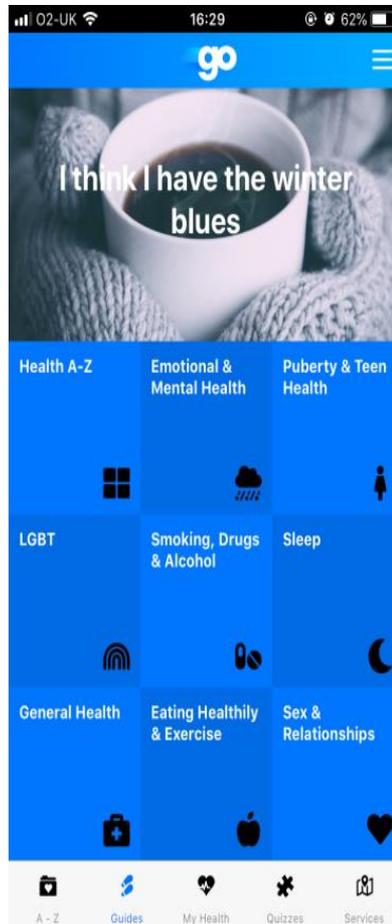
Provides immediate and confidential access to NHS-approved health and wellbeing information



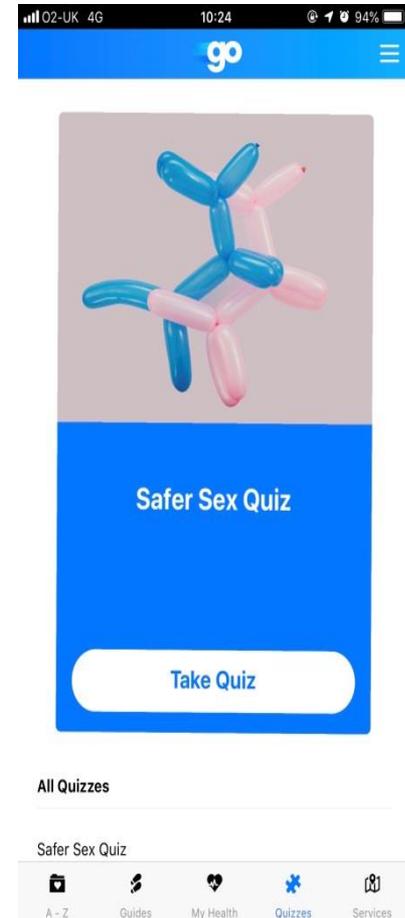
Health Section



Three trending or seasonally relevant topics highlighted each month

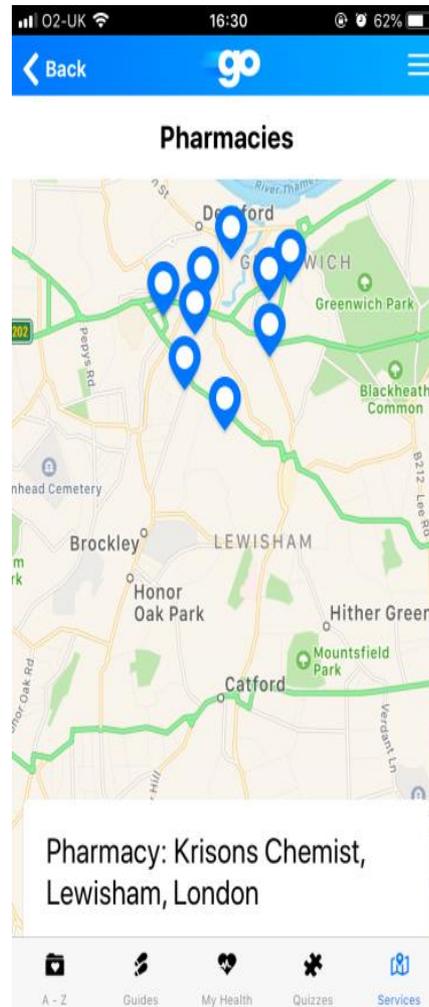
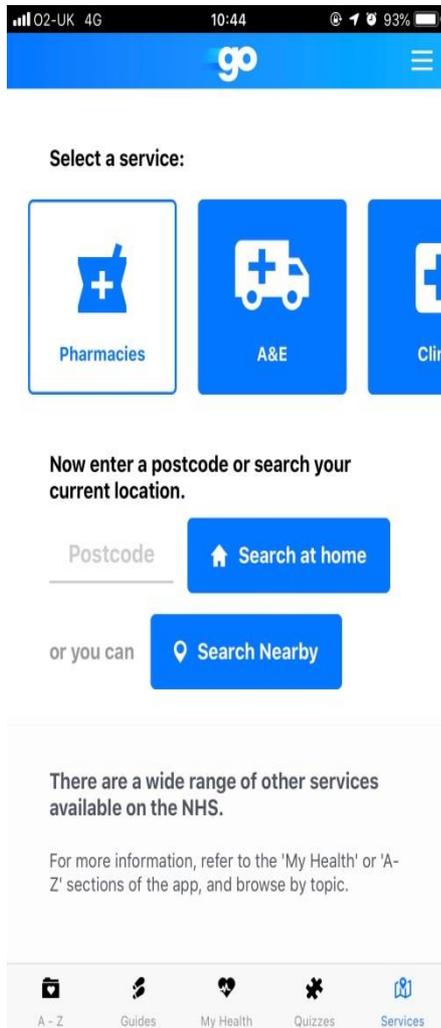


Content organised in key themes that matter most to young people



Interactive health quizzes

Service Finder



Here you can put in your post code and find services near you, such as GP's, pharmacies, dentists, accident and emergency departments.

Or you can use your location setting to find out where the closest services are to you at that time

03

Success of the App and engagement with CYP

NHS Go Highlights

- **80,424** downloads
- **1,212,956** in app page views, **126,449** page views on the NHS Go website
- Emotional and mental health and sex and relationships and sleep are the most viewed topics
- **60%** of users since April 2018 are **return users**.
- Shortlisted and winner of multiple patient experience awards.

Going beyond mixed messages



Megan, 20

Sometimes the health information out there is overwhelming. Our health is so important and when we have worries all the mixed messages can make it really scary. 'Googling' an illness or finding out where to ask for help doesn't always make things easier. There are so many different people with their opinions out there which can make the truth (that is not overly complicated) hard to find.

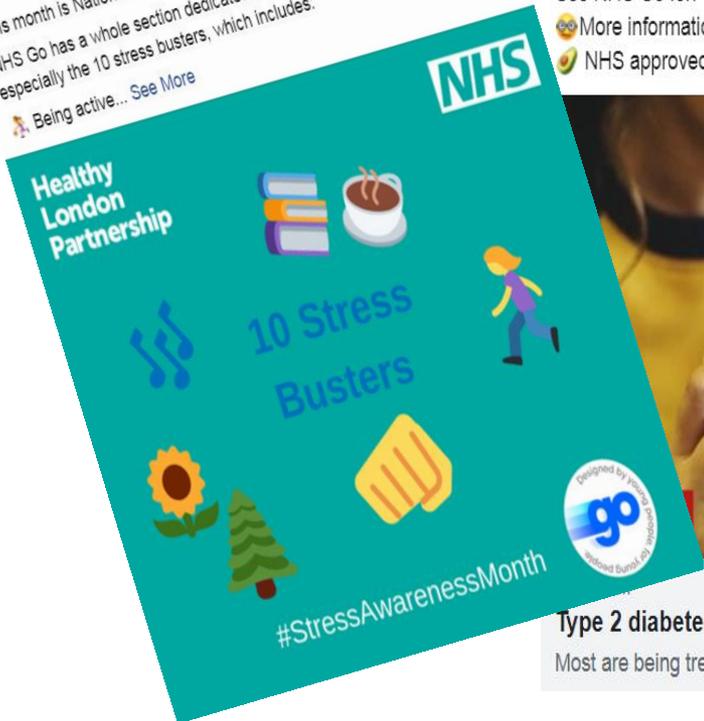
[NHS Go](#) has given me a single place to go to help me join the dots.

*"I downloaded the NHS Go app and it's already helped me get in touch with a charity called "Beat". It helps people with eating disorders. If it wasn't for this video I wouldn't have found help."
Anonymous user*

Social Media Engagement

NHS Go
Published by Suzan Lateef [?] · April 23 · 🌐

This month is National Stress Awareness Month 🌟
NHS Go has a whole section dedicated to information and advice on stress especially the 10 stress busters, which includes:
👉 Being active... See More



NHS Go

Published by Stephanie Simmonds [?] · December 6, 2018 · 🌐

According to a recent BBC News article, there are nearly 7,000 under 25's with type 2 diabetes in England and Wales - about 10 times the number reported before, according to Diabetes UK

Use NHS Go for:

- 👉 More information on diabetes
- 👉 NHS approved guidance on eating well... See More



Type 2 diabetes 'affects 7,000 under-25s'

Most are being treated by GPs and the figure is 10 times the number...



NHS Go

Published by Suzan Lateef [?] · June 22 at 11:00 AM · 🌐

Does social media and societal pressure make you feel bad about your body 🙄? Check out the link below to see why we all need more body kindness in our lives:
👉 <https://www.themix.org.uk/.../why-we-all-need-more-body-kindn...> - it explores...

👉 What's body kindness all about?... See More



UK

Need More Body Kindness in our Lives - The

NHS Go Digital Health Ambassadors

- 6 month project delivered with [Partnership for Young London](#)
- Empowering a core group of young people to become Digital Health Ambassadors
- Workshops and training delivered by digital experts
- Opportunities to shape campaigns and develop NHS Go & [Good Thinking](#)
- Supporting young people to promote digital health services to their peers



Learn new skills
from Digital experts



Be part of something that
benefits others



An opportunity to be
creative on a
regular basis



Gain great experience
for your CV



Feel good about how
you use your own
social media



Become a health and
wellbeing savvy
Londoner

**Partnership
for Young
London**



Get in touch

Children and Young Peoples Programme – Healthy London Partnership

hlp.cypprogramme@nhs.net

Stephanie Simmonds, CYP Project Manager, Digital

Stephanie.Simmonds@nhs.net



/NHSGo



#NHSGo

