CAHMS (Children Self Harm Prevention tool)



Team 10:

Francesco Benintende Junda (Dennis) He

Client:

Bolton CAMHS, Royal Bolton Hospital.

Spokespeople:

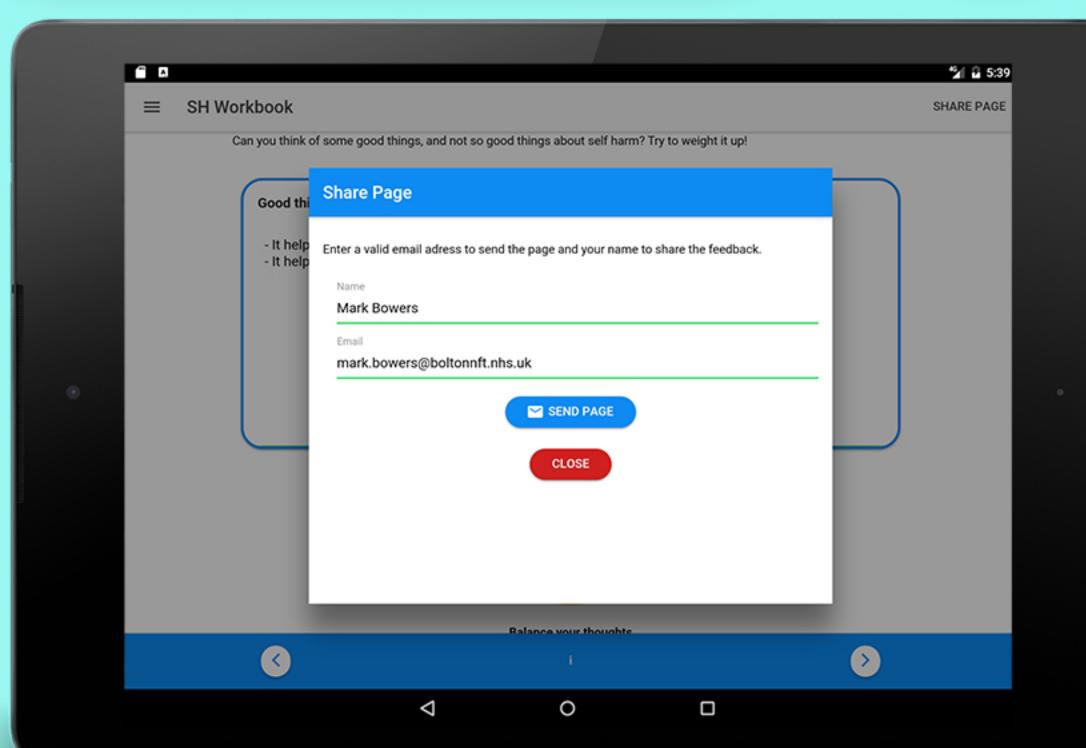
Charlotte Mitchell - IAPT Project Coordinator Dr Mark Bowers, CPsychol, AFBPsS











Our solution:

Hope not harm is a cross platform app aimed at helping youth to cope with difficult feelings.

The app will allow patients to exercise and share their progress with the clinicians.

Patients will learn to overcome their personal difficulties and anxieties by brainstorming and reflecting on them and finding the best possible solution.

Key features:

- Cross platform
- Offline enabled usage
- Mail sharing
- Simple and easy to use graphic user interface

