

BESTIE – Local Mental Health Services App

BESTIE is an interactive app developed by Worcestershire Health and Care NHS Trust and designed by local young people, CAMHS clinicians and IT experts – has recently been launched by Worcestershire Health and Care NHS Trust CAMHS.

BESTIE is freely available and can be found by searching for 'Worcestershire BESTIE' on Apple and Android phones or tablets. A web-based version is available at www.camhsbestie.co.uk

On joining BESTIE, young people, parents and professionals are able to easily access information about local mental health services (including virtual reality tours of Worcestershire CAMHS bases), signposting to local and national services and charities, as well as useful self-help information.

This information is age-rated (so that young people only see information which is appropriate for their age) and favourite self-help information can be saved in a 'personal space' on the app, so that it is immediately to hand.

For young people who are seen in CAMHS, additional features will soon be unlocked, including the ability to track their goals, mood and emotion. BESTIE was awarded 'MidTech Best NHS developed innovation' at the Meridian Celebration of Innovation Awards.

For more information about BESTIE, please see www.camhsbestie.co.uk