



Healthy Mind, Healthy Life



New ideas leading a new era of healthcare

MindFresh is both a mobile app and a website designed to meet the growing need for better communication and universal support in child and adolescent mental healthcare.

Digital is no longer a choice but a demand.

Digital technology is not new, however healthcare has been slow to this particular innovation. Nevertheless, no longer can the use of technological devices, apps or social media be ignored. In fact, by embracing this new era of communication we can exploit technology to provide far reaching community services like never before.

The Five Year Forward View published by the Department of Health highlighted the need to develop preventative support for young people suffering with mental health concerns, as well as a need to improve communication for young people.

MindFresh is two solutions for the price of one.

Experience Based Co-design

MindFresh was developed using an experience based co-design to establish not only the needs of young people, families and clinicians using the app, but also their ideas on how their needs could be met. This has ensured that the finished product is endorsed by users at all levels.



Preventative Support

As a universal offer anyone is able to download the lite version of MindFresh. The app will signpost users to a number of apps, websites and documents which have been approved to help young people support their own mental health and emotional well-being.

Chat (Coming soon)

The highlight of the app is the ability for clinicians and young people to communicate using instant messaging. This allows young people and clinicians to keep in contact more effectively as well as reducing time wasted on unanswered calls.



As an app our movement started on social media and Twitter has the first scoop on all our exclusives! Follow us @MindFresh to keep up to date!

For more information about MindFresh or to register your interest in the App please contact mindfresh@nelft.nhs.uk

<https://mindfresh.nelft.nhs.uk/>