



How Digital Apps Can Help Youth Mental Health



If you're struggling and you don't feel comfortable talking to someone, mobile mental health apps might be a good first step.

Questions to help find a mental health app for you

What's the app for?

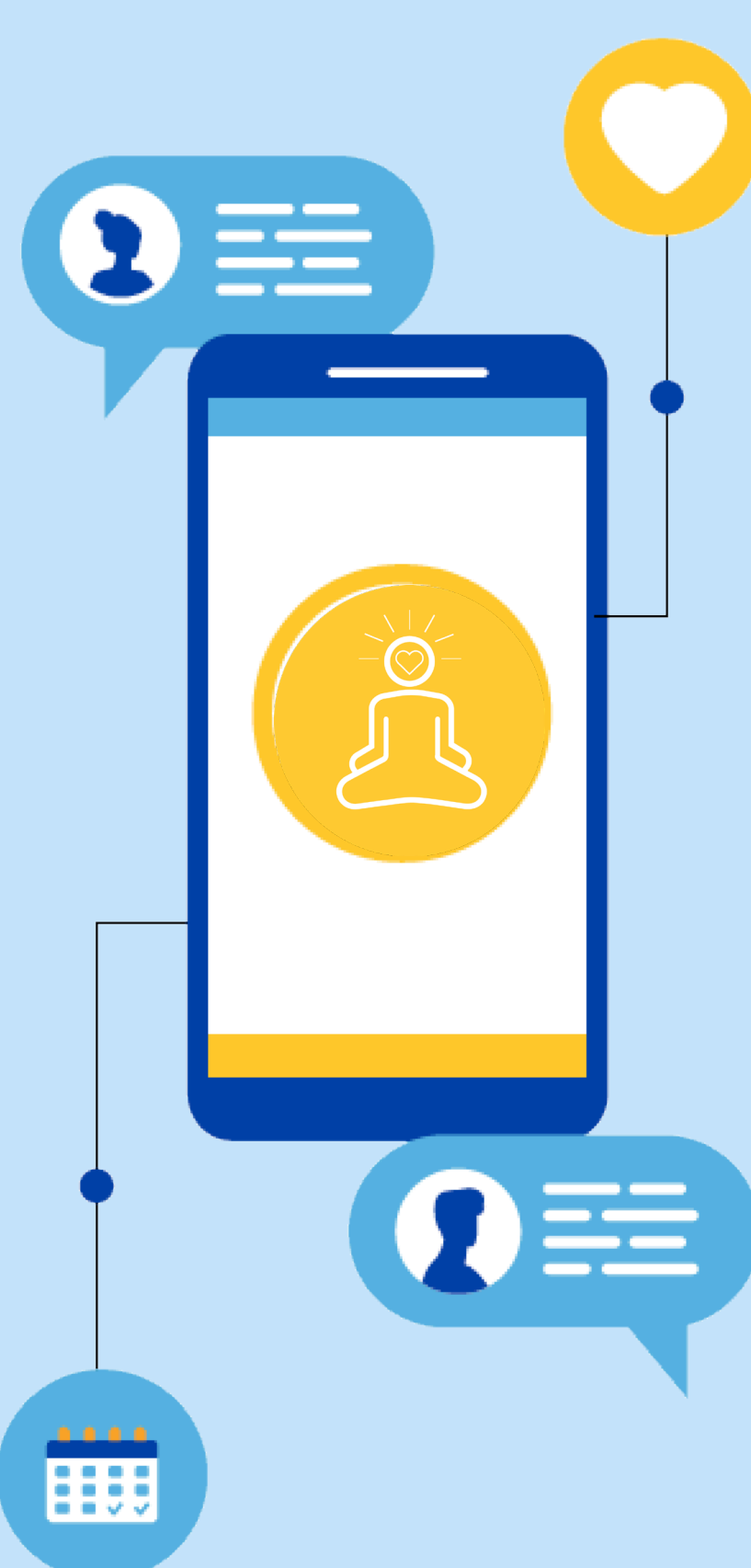
Finding an app designed with specific issues in mind can help you get targeted treatment.

Can you personalize it?

For example, if you don't have anxiety in social situations, you don't want an anxiety app that keeps recommending you do things that to help people with social anxiety.

Who developed the app?

Apps created with the help of mental health experts will likely be more effective.



When was it last updated?

If it's been more than 2 years since the last update it might not be using current medical best practices as protocols change with new research.

Is there evidence the app works as advertised?

Look for apps that have reputable studies to back up their effectiveness.



Usability & Privacy

How useable is it?

If the app is confusing to use, you'll be less likely to stick with it.

Can you afford it?

While many mental health apps are free, some require that you pay for a subscription or make in-app purchases.



Is your data private?

Make sure you understand if your data will be shared and with whom. Read the fine print.

Do you control your data?

Can you eventually delete your data from the app and its servers?

Is your data secure?

Review the privacy policy to make sure you're comfortable with how your data is secured.



Mobile apps focused on mental health may help:



Supplement traditional treatment in crisis moments.



Make treatment accessible for youth who struggle to talk about their challenges.



Provide support for those waiting to access treatment.



Ensure youth have help between sessions.



Help youth stay on track with recommended treatments.



If you're struggling, remember to tell someone and ask for help.

The information shared by RBC Future Launch is intended to provide young people awareness about some of the services and programming available to them to help enhance/protect their personal mental well-being.

If you are experiencing mental health distress, suicidal thoughts or behaviours, for your safety, please call a helpline, 9-1-1 or emergency services or go to your nearest emergency department for assistance.