The two service and veterans mental health app developed by South Staffordshire and Shropshire NHS Healthcare Foundation Trust are unique and a major contribution to Health Promotion.

A significant number of service personnel are referred to military mental health services annually (circa 5000) hence, there is a demand!

The mental health needs of service veterans are more problematic to assist however, regardless of need, many feel that civilian MH resources neither understand, nor meet their needs.

Most internet MH general information is unreliable and non credible.

The two app’s are targeted specifically at serving and ex service personnel and provides an evidence based outline of common mental health problems, together with advice for sufferers and their carers and most importantly, where to seek help. They are designed to appeal to a specific audience visually and with video content (veterans app).

The app content is evidence based includes links to more detailed evidence-based sources of information.

Many individuals now obtain their information from web-based platforms and digital media and it is hoped that this app will achieve greater reach and in a more culturally sensitive manner than traditional forms of health promotion.

Approved by The Royal College of Psychiatrists