



Totalmobile

Mood App

A patient app that helps clinicians be more informed about a patient's mental wellbeing

Helping Mental Health organisations achieve their goals

All Mental Health Trusts in England have a Zero Suicide Programme which aims to help reduce the risk of self-harm and patient suicides.

The programme is supported through close engagement between the patient and clinician and part of this engagement includes the agreement and sharing of a 'Safety Plan' which gives the patient support and guidance. Gaining an understanding of the patient's daily mood and any interventions they have undertaken themselves to cope is also an important aspect of the care process. However, capturing and sharing this information often proves difficult meaning clinicians miss out on important insights into the patient's wellbeing and coping strategies.





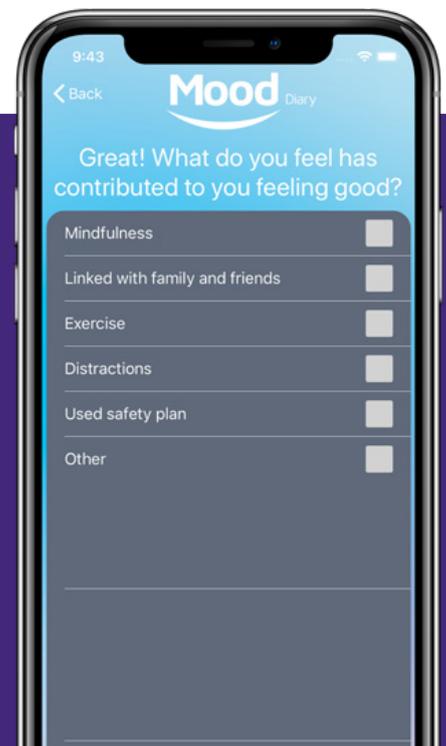
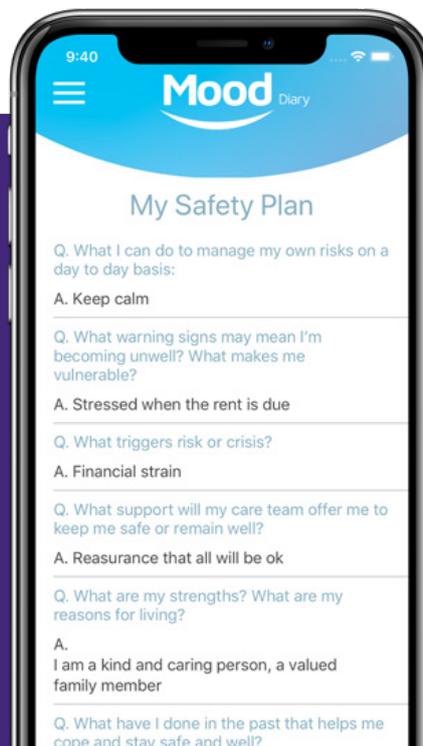
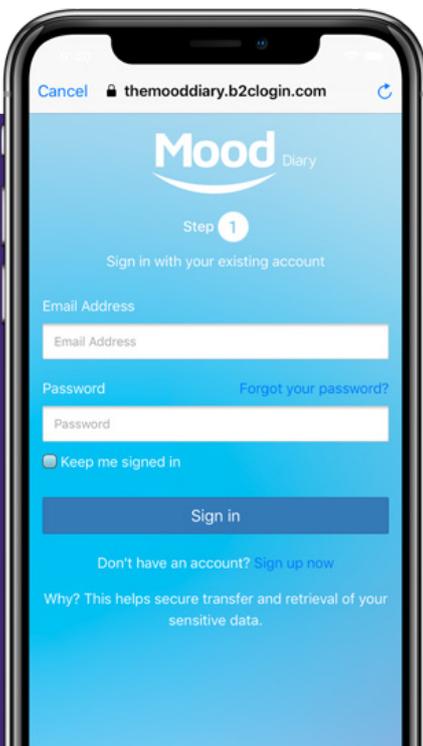
A solution that provides improved access to important information to help manage a patient's mental health

Within the current safety plan the key contact information and mood diary entries are often managed using paper-based processes. Consequently it's quite common for these paper safety plans not to be available to the patient at the time of need, e.g. because they have been left at home.

Totalmobile's Mood Diary App allows patients to record their mood and reasons for how they are feeling, including the support they have received from family, friends, mental health professionals and other networks all via a discreet application on their mobile device.

Integrated with the Trust's Rio system, the patient's health record is updated with the information they record in this diary. This can then be used by healthcare professionals to personalise their care and support plans, helping improve care and deliver positive outcomes for the patient.

Patients can also access safety and crisis information which is readily accessible, via the app, either with or without mobile coverage.





Key features of Totalmobile's Mood Diary App

- Patient On-boarding and 3-way Authentication - All patients must go through a 3-step onboarding process that secures the retrieving and sending of personal data, ensuring the patient is accessing their data while securing the app on their phone.
- Online and offline working – Even when there is no network connectivity available, the patient will be able to view information which was previously retrieved from RiO and stored on their device, while also being able to record new mood information.
- View and record their daily mood – Patients can view & record their mood at any time throughout the day. They have three choices (Sad, Meh, Happy).
- View their agreed Safety Plan - Patients can access their personal safety plan which they have devised with their health care professional.
- View key contacts so they can reach out as needed - patients will be able to access and view a list of pre-configured contacts which have been defined in Rio by the Trust, e.g Samaritans, NHS 111.
- Set mood reminders - Patients can set up to 3 reminders per day to encourage mood recording. Patients can also snooze reminders for up to 72hrs.



“Helping health organisations deliver improved mental health services”



A solution that works for both the clinicians and patients

Totalmobile's mood health app provides benefit to both the clinician and patient by improving visibility and access to critical information.

For the clinicians:

- Allows clinicians not only to prepare better for their visits but to help understand the patient's mood and the causes while also identifying trends.
- More importantly they can see why certain things need to change or continue within a patient's daily routine.

For the patient

- Provides a more discreet and secure way of recording their daily mood & updating their safety plan .
- Confident in the knowledge that all emergency contacts and their mood diary is at their fingertips, which in turn reduces anxiety levels of it being left somewhere inappropriate.
- The ability to set reminders at convenient times to them.



Totalmobile's patient Mood App, ensures patients have improved & more secure access to their safety plan and Clinicians have clearer visibility of their patient's mood at the point of care, helping health organisations deliver improved mental health services.

Contact us

For more information contact Totalmobile on

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