

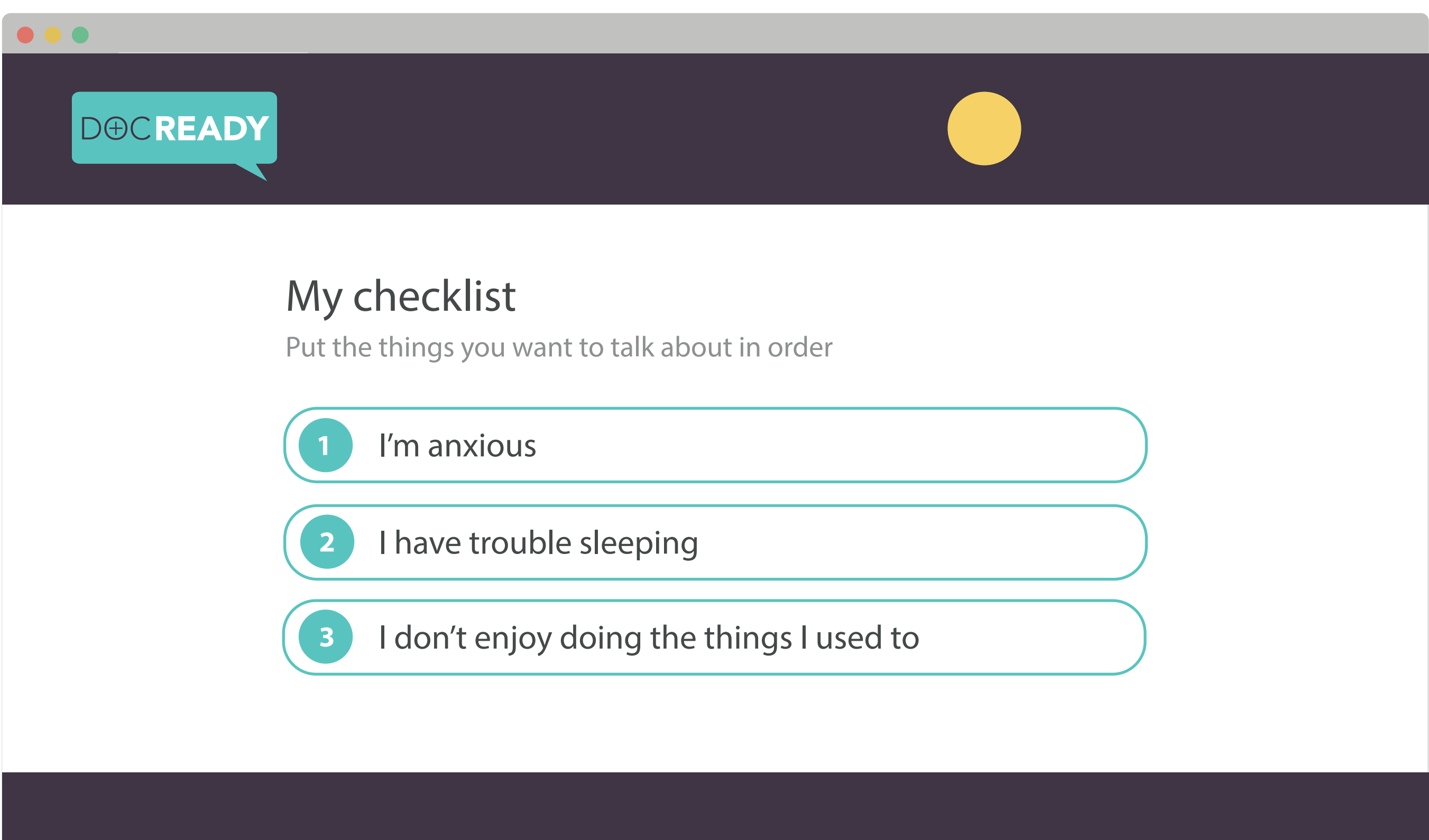


Helping young people make the most of their mental health care

Overview

Up to 20% of young people in Britain deal with mental health issues every year. (That’s up to six students in every classroom.) However, when it comes to seeking help, nearly four in ten don’t feel comfortable talking with their doctors.

In collaboration with Enabled by Design, Neontribe and Social Spider, FutureGov partnered with Right Here Brighton and Hove to develop a simple, elegant tool that empowers young people to talk with their doctors about mental health.



docready.org

“I have been going to the doctors for 5 years to do with my mental health and only feel listened to now.”

- **Ginny**, DocReady user



Research

Our entire project was co-designed with young people from Brighton & Hove in southeast England. We also sought insight from relevant local organisations like MIND and community LGBT groups, as well as from mental health practitioners and GPs.

Agile

Over the course of six months, we used an Agile process to evolve from discovery to minimum viable product to finalised tool. We worked with the same user group of young people the whole time, gradually expanding to include their friends and classmates.



User-led

Maintaining the same users led to strong feelings of ownership among the young people who co-designed Doc Ready. They felt like an integral part of the process -- because they were.

The benefits of the design

