

Heads Up

Designing pioneering digital tools for mental health care

The Problem:

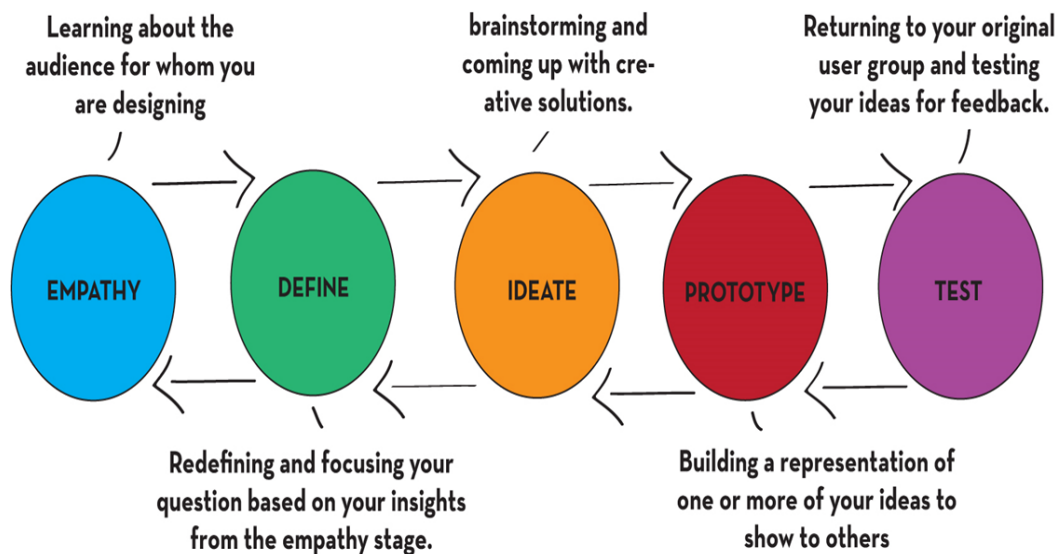
Steve (16) and Jenn (14) are young people who experience anxiety and low mood. They both use digital apps and websites often, and could benefit from a digital tool designed to support them when they need a boost.

The Task:

Design an app or digital tool that could help make Steve and Jenn's lives easier.

Young people will learn how to use the principles of Design Thinking to develop their ideas, by:

- Empathizing with someone experiencing low mood and/or anxiety,
- Thinking about the types of problems and challenges they might face
- Imagining as many possible solutions as possible – no idea is too wild!
- Narrowing the focus down to a single idea
- Prototyping the idea on paper and/or in hand drawn wire frames.



Resource List

Creativity!
Empathy!
2 x Personas Worksheet
Paper
Pens
Post-its