

Appendix 1 - information about MindMate

MindMate is a web based service that allows people in Leeds to access self-care materials and other web sites around emotional wellbeing and mental health. The site contains 4 sections:

- Young people
- Young adults
- Parents and carers
- Professionals.

Access to MindMate enables end users to:

- Get the information they need when they need it
- Engage in self-help activities
- Download verified external resources (for example, digital tools for mental health)

The content is similar in all these sections with self-care material and links to other national and local websites as well as information on the services that are offered in Leeds. The website was designed to meet the following needs:

- Attractive
- Professional and trustworthy, with subtle NHS branding
- Approved by young people
- Easy to navigate
- Available for a range of users - e.g. those who have never had any interaction with mental health services through to those who have a diagnosis and a key worker
- Suitable for a range of ages
- Suitable for people from a range of backgrounds - including those who have low literacy or English as a second language and those with learning challenges as well as visually impaired
- Make good use of videos and non-written content
- Be regularly updated.

MindMate will not:

- Be too “busy” or overwhelming
- Be supported by adverts
- Offer the ability to self-diagnose
- Be built once and left
- Be a site where personal data can be shared in a public forum.