

Co-designing Mental Health Support

Digital Health Passport and YoungMinds



Digital
Health
Passport

Developed by Tiny Medical Apps

Welcome

Becca Randell

Associate Director Translational Research



Digital
Health
Passport

The Context

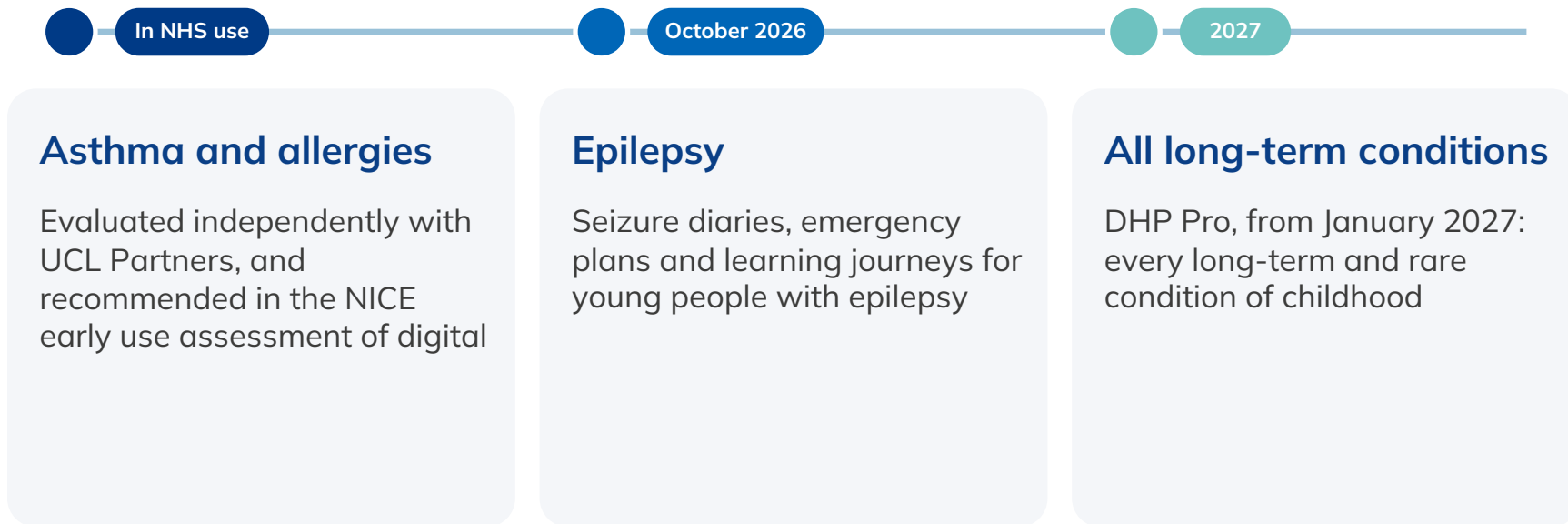
Dr Greg Burch

Joint CEO, Tiny Medical Apps. A&E Specialty Doctor (NHS)
NHS Innovation Accelerator Fellow



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Where DHP started: one condition at a time



Recommended in the NICE early use assessment (HTG778)



NICE National Institute for Health and Care Excellence

Guidance Standards and indicators Clinical Knowledge Summaries (CKS) British National Formulary (BNF) BNF for Children (BNFC) Life sciences

[Home](#) > [NICE Guidance](#) > [Conditions and diseases](#) > [Respiratory conditions](#) > [Asthma](#)

Digital technologies to support self-management of asthma: early-use assessment

HealthTech guidance | HTG778 | Published: 05 May 2026

ASTHMA: INDEPENDENT EVALUATION WITH UCL PARTNERS, APRIL 2026

96%

User satisfaction

+2.64

Asthma Control Test points,
uncontrolled at baseline

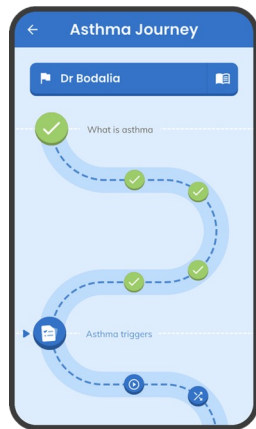
~26%

Users from diverse
communities

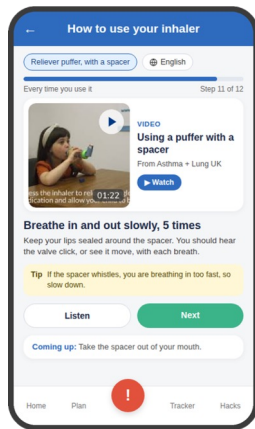
~50%

of the cohort in the two most
deprived quintiles of
neighbourhoods

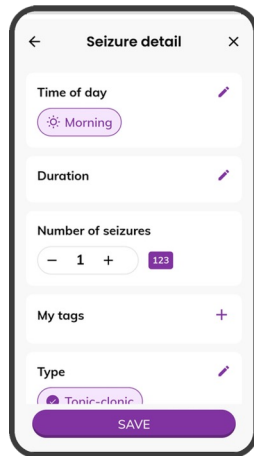
Inside the DHP



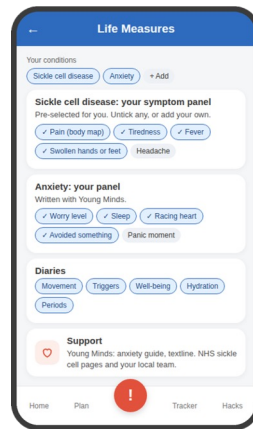
Asthma learning journey



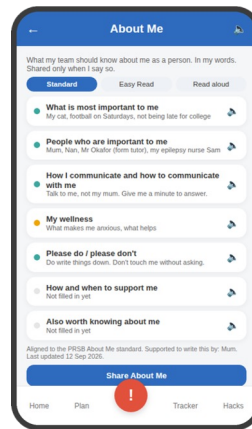
Inhaler technique



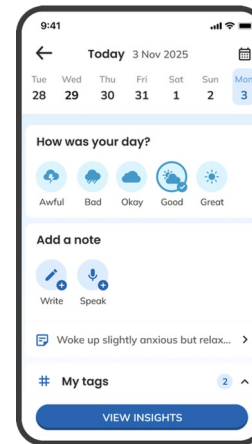
Seizure diary



One tracker, any condition



About Me



Mood diary

Also in the app: care and emergency plans · medication reminders · trigger alerts · insights and shared reports · family and carer view · NHS login · My Area

Proportionate universalism: more for those who need it

THE PRINCIPLE

Action should be universal, with a scale and intensity proportionate to the level of disadvantage.

Marmot Review, Fair Society, Healthy Lives (2010)

THE DIGITAL GAP

NHS App use in the most deprived fifth of GP practices, compared with the least deprived

34%

lower
registrations

35%

lower
log-ins

40%

fewer appointments
booked

KC et al., J Med Internet Res 2024; 6,386 GP practices in England

Commission a targeted service, not an app

Most

Targeted onboarding through schools, youth and community services, with local services in My Area

More

Easy Read, carer explainers and animated lessons, action plans and emergency instructions soon in 47 languages, family and carer view

For everyone

Every long-term condition: plans, learning, diaries, reminders, trigger alerts, well-being and NHS login

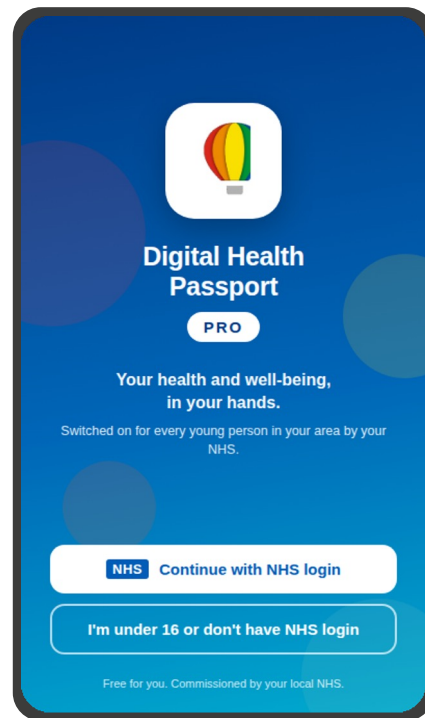
47% of UCL Partners evaluation respondents came from the two most deprived quintiles (IMD 1 and 2).



INTRODUCING

DHP Pro

One app for every long-term condition of childhood



DHP Pro welcome screen

LAUNCHING JANUARY 2027 • COMMISSIONED TIER • AVAILABLE ON G-CLOUD 15, LOT 2B

We have a youth mental health crisis

THE CRISIS

1 in 5

children and young people aged 8 to 25 in England had a probable mental disorder in 2023

NHS England, MHCYP 2023

WORSE WITH A LONG-TERM CONDITION

1.8x

Children with a long-term physical condition have up to 1.8 times the odds of a mental disorder

Finning et al., 2022

WORSE ON A LOW INCOME

2x

Children with a mental disorder are more than twice as likely to live in a household behind on rent or bills

NHS England, MHCYP 2023, Part 4

Sources: NHS England, Mental Health of Children and Young People in England 2023, wave 4 follow-up, Part 1 and Part 4 (November 2023). Finning K et al. (2022), British Child and Adolescent Mental Health Surveys, adjusted odds ratios 1.59 to 1.75.

Project Overview



Digital
Health
Passport

The Brief

Co-design, test and refine a mental health feature for young people aged 13–25 living with long-term conditions, ensuring it is inclusive, safe and evidence-based.

01

Understand needs

Research the contexts, barriers and coping strategies of young people and their families.

02

Co-design with users

Engage young people and parents/carers in generating and prioritising ideas through workshops.

03

Build & test

Develop an iterative Figma prototype through a series of co-design sprints, ready for handover to developers.

Theory of Change

Mental health feature within the Tiny Medical Apps Digital Health Passport

Rationale	Inputs	Outputs	Outcomes	Impact
• Long waits for mental health services • Practitioners need trusted info to share • LTC compounds mental health burden • Commissioners seek low-cost CAMHS alternatives	• Young Minds mental health content • User research insights • Academic & clinical evidence • Stakeholder expertise	• Mood diary tracker • Curated content library • Medication reminders • Signposting to local & national services	• Young people develop skills to manage mental health • Improved resilience & self-efficacy • Better quality information for practitioners	• LTC & MH compound impacts reduced • Best transition to adulthood • Young people's lives improve

Key assumption: giving young people agency over their mental health is beneficial — and a holistic tool that includes mental health increases its value to all users.

What We Did

1

Evidence Review

Rapid review of the research on mood tracking apps and digital self-management tools for CYP with long-term conditions.

2

Scoping & Safeguarding

Team alignment on scope, goals and safeguarding protocols with Young Minds before any engagement with young people.

3

Discovery Workshops

Two co-design workshops with young people (14–17 and 18–25) and a separate session with the Young Minds parent and carer panel.

4

Individual User Testing

1:1 think-aloud sessions (30–45 mins each) with participants across both age groups, testing the early Figma prototype.

5

Prototype Iteration

Iterative Figma prototype development across multiple sprints, incorporating feedback at each stage.

What the Evidence Told Us

Rapid evidence review conducted October 2025 to ground the co-design process in research

Key findings

- Mood tracking apps show real promise for increasing self-awareness and supporting clinician conversations
- Young people accept tracking when apps are simple, personalisable and quick to use
- Effective features include short daily check-ins, trend views, optional free text and links to resources
- Combining mood tracking with physical condition data is under-researched but highly promising
- Long-term evidence for sustained clinical impact remains limited

Design implications

- Co-design with young people is essential — interventions must be safe, relevant and user-led
- Build a minimal viable mood module: single daily tap + optional tags + simple weekly graph
- Add a resource micro-library: brief self-help and condition-specific coping tips
- Implement privacy defaults and consent flows tuned by age
- Define a clear clinical escalation protocol from the outset

What Young People Told Us

Workshops with 14–17 and 18–25 year olds

Trusted content

Professionally verified information in accessible formats, e.g. video, audio and clear bullet points alongside written articles.

Low-friction design

Simple navigation, calming aesthetics and minimal clicks. Clean iconography. No intrusive adverts.

Personalisation

Control over what they track, how the app looks, and how notifications appear, especially in public settings.

Encouragement without pressure

Gentle progress indicators and optional reminders. Resistant to streak mechanics or anything that felt like a penalty.

Privacy & data control

Clarity about where data goes, biometric login, and optional password protection for private sections like journals.

Community feel

A sense of not being alone, connection around shared experiences rather than comparison.

What Parents & Carers Told Us

Online session with the Young Minds parent and carer expert panel

Trust & Governance

- Visible NHS and charity partnership logos
- Clear explanation of who verifies content
- Reassurance about clinical and safeguarding oversight
- Regular content updates

Privacy & Safeguarding

- Secure login and data protection in plain English
- No adverts or in-app purchases
- Clear crisis signposting and escalation
- Protection for lost or stolen devices

Meaningful Value

- Quick, practical tools — not just information
- Emphasis on strengths and positive days
- Clear differentiation from other apps
- A dedicated parent/carers section

Individual User Testing

How it worked

- 1:1 think-aloud sessions of 30–45 minutes
- Participants from both age groups (14–17 and 18–25)
- Led by the TMA UX/UI Designer with a Young Minds participation officer present
- Safeguarding officer on call throughout every session
- Participants given tasks and invited to narrate their experience as they went

What participants told us

- Positive response to the overall aesthetic and mood tracker concept
- Core journeys navigated with reasonable confidence
- Onboarding needed to be clearer and more welcoming
- Content library harder to discover than expected
- Notification settings needed greater privacy control

Three Core Needs

Consistent across all age groups, young people and parents & carers

01

Safety & Trust

Credible governance, visible clinical oversight, clear data practices and robust safeguarding built in from day one.

02

Low-Friction Usability

Simple navigation, fast access to features, calm design and personalisation that removes barriers rather than creating them.

03

Encouragement Without Pressure

Positive, flexible engagement that supports young people when they are ready — never penalises absence or disengagement.

Learning for the Future

Embed safeguarding from day one

Safeguarding must be a design constraint, not a compliance exercise added at the end.

Make co-design genuinely iterative

A single consultation is not enough. Sustained engagement (workshops, testing, Show & Tells) produces far better outcomes.

Trust is a prerequisite

Both young people and parents needed to feel confident in governance and data practices before engaging with features.

Accessibility is not optional

Customisable fonts, audio transcription, privacy-preserving notifications and biometric login matter to real users.

Build for the evidence base

The TMA programme can contribute meaningfully to a still-limited evidence base. Define outcome metrics now.

The Young Minds partnership is key

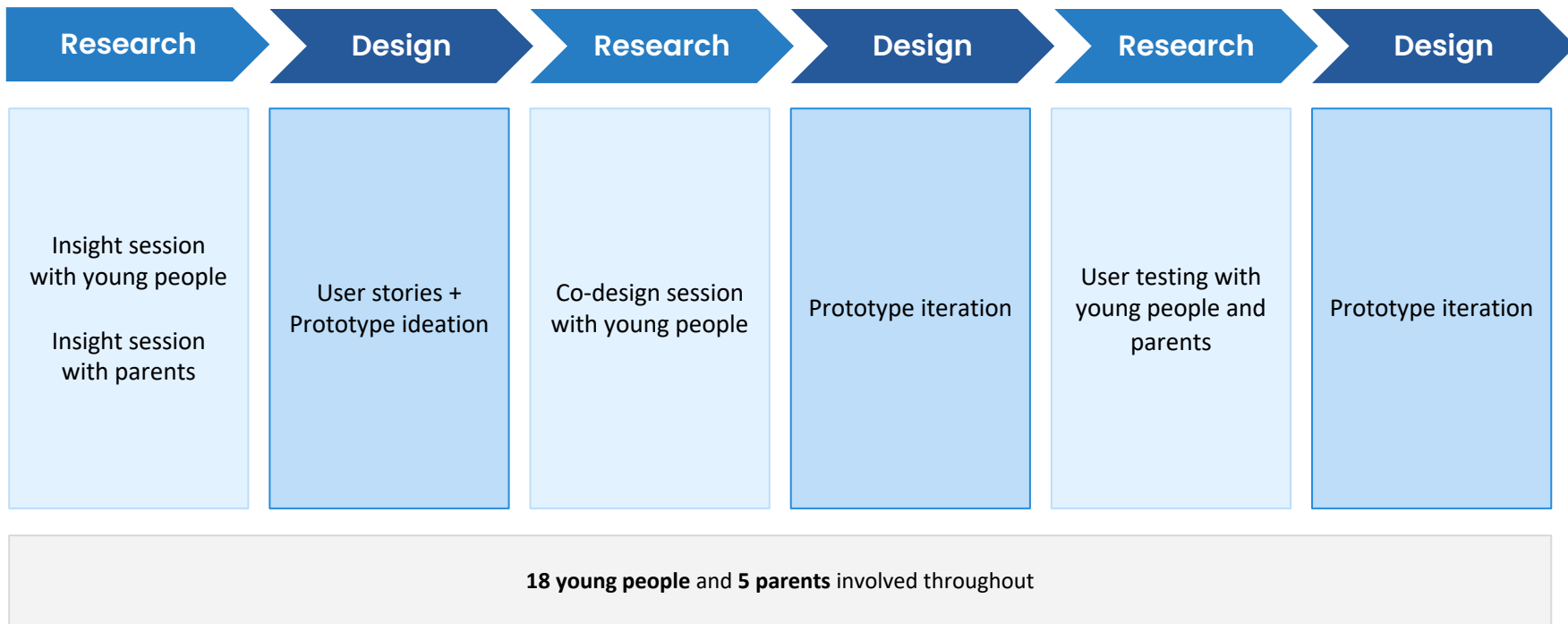
Their safeguarding expertise, youth relationships and sector credibility were essential throughout.

Prototype Design

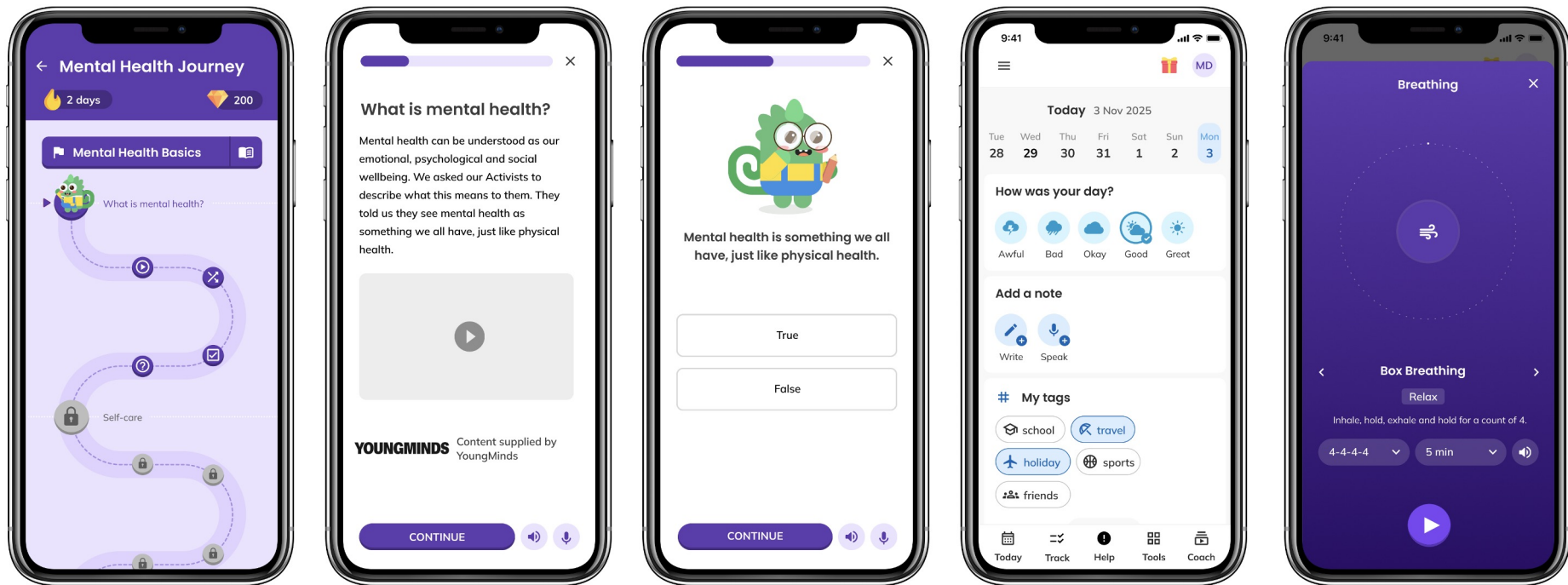


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Co-design Process



Prototype demo



[View prototype](#)

What Happens Next

Final Prototype

October 2026

High-fidelity Figma prototype incorporating all feedback (mood tracker, onboarding, learning journey).

Developer Handover

November 2026

Annotated Figma files, content specifications, UX flows handed to the development team.

User Testing

Ongoing

Ongoing user testing and iterations based on feedback.

YoungMinds



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Joined up health services

This is an exciting opportunity to work with a partner who is interested in providing both physical and wellbeing support for young people



Young people are facing a mental health emergency

This emergency isn't caused by one thing

Systems often don't understand or respond to young people's needs

Pressures are not felt equally

Young people should not have to navigate this emergency alone



Crushed by a Million Pressures campaign - Kings Cross Station, November 2024

Our services for young people

We provide practical advice and information to help young people to look after their own mental health so that young people don't feel alone with their mental health.

- Downloadable resources
- A-Z Mental health guides
- Real life stories and blogs
- E-Newsletter
- Sign-posting for further help including where to get urgent help

- Our guides and stories are made with and by young people
- Our expert medical panel ensures accuracy and authenticity

- We work with celebs, influencers and brands young people love
- We offer practical tips, advice and reassuring messages
- Podcast stories from different communities e.g. Black Disabled creators, Young Muslim women
- Mostly TikTok and Instagram

1.27m

young people reached via our website in 2025/26

1.46m

social media engagements in 2025/26



Feelings



Coping with life



Medications



Your guide to getting mental health support

Our services for parents and carers

We provide advice and support for parents and carers so they can understand more about their young person's mental health and so that young people always have someone to turn to.



- Downloadable Resources
- A-Z guide
- Parent and Carer Blogs
- Advice and support via social media
- Signposting to further support

Our Parent Helpline

- Free and confidential
- Information, advice and support via telephone, live webchat and emails
- All carers of young people welcome
- Monday – Friday 9.30am – 4pm
- Extended hours pilot Tues/Wed - 6pm
- Trained Helpline advisers and specialist advisers for complex cases
- Tailored information pack after call
- Translation available in 200+ languages
- Parent Panel with lived experience
- Community Outreach

888k

parents/carers
reached via our
website in
2025/26

281k

social media
engagements in
2025/26

17,402*

parents & carers
were supported
by our Parent
Helpline in
2025/26

Our influence and reach

We work alongside young people to influence policy and campaign to ensure that youth mental health remains top of the agenda.



Over 60 decision-makers attended our Parliament event, hearing directly from YoungMinds Activists and Ambassadors about the impact of exams.



YoungMinds response to Milburn report

Government announce 100 walk-in community hubs, after years of campaigning for mental health hubs in every community

HEAD
ON

FUTURE
MINDS

We partner with leading mental health coalitions to meaningfully deliver a shift towards prevention and early intervention.

We work with a dozen ambassadors across sports, arts and media for all our campaigns.



Andrea Spendolini-Sirieix, diver for Great Britain, and Olympic, World and European medallist.

Putting young people at the heart of what we do

Three pathways for 16–25-year-olds to use their voices, influence change and build skills and confidence. We actively encouraging Black and minoritised young people to join us.

Our Youth Panel provides strategic influence and youth governance across the organisation. They get involved in everything from our strategy to recruitment.

Our Youth Advisors get involved in projects across the organisation to offer knowledge and insight. They work alongside us to champion youth voice and meaningful participation in all that we do.

Our Youth Activists are young people with lived experience of mental health challenges. They help influence public attitudes, policy and the wider mental health system through campaigning for change.



Teamwork

Social
action

Ethical
storytelling

Leadership
skills

Problem-
solving

Co-designing with young people

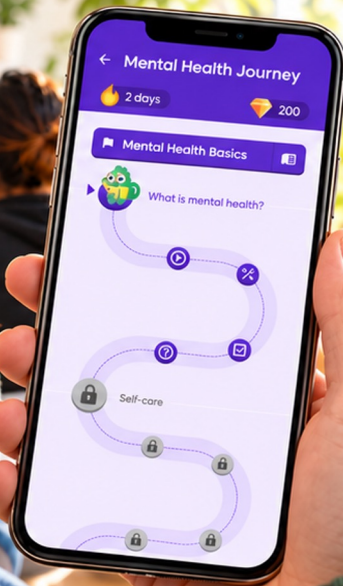
YOUNGMINDS



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Dawite Mosisa
YoungMinds



What's Next



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My Independence Journey

NIHR HealthTech Research Centre (HRC)
in Paediatrics and Child Health

Emma Moffat
12/10/26



NIHR HealthTech Research Centre

in Paediatrics and Child Health

We bring the right people together
to create new health technologies
for children, young people &
families



<https://linktr.ee/nihrenchildrenhrc>



OUR THEMES



EARLY
LIFE



LONG-TERM
CONDITIONS IN
CHILDHOOD



TRANSITION



MIND-BODY
INTEGRATION



CHILD HEALTH AI
NETWORK

Our **3 programmes** of work are embedded across everything we do:

- ▶ **Patient & Public Involvement & Engagement (PPIE)**
- ▶ **Commercialisation**
- ▶ **Education**

SUPPORT WE OFFER

- Access to expertise
- Securing funding
- Education programme
- PPIE
- Establishing cross-sector stakeholder collaborations
- Project management

CONTACT US

hrc-children.nihr.ac.uk
hrc-children@nihr.ac.uk



Healthcare Transition

Paediatric to adult services

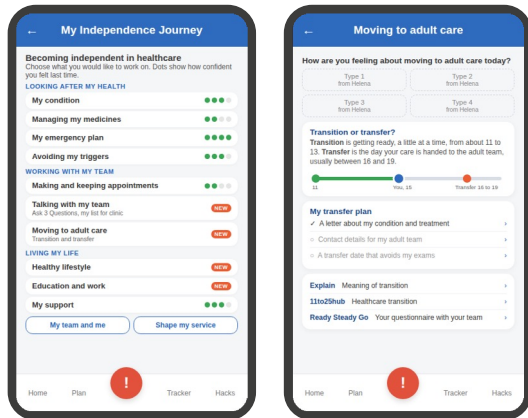
Support the development of technology to ensure the safe and effective transition of young people with long-term conditions.

1. Education, self-management and gaining independence
2. Evaluation of services to provide effective transition



My Independence Journey

Healthcare Transition support within the Digital Health Passport



1. Built on existing transition readiness programmes
2. Rate confidence managing their condition
3. Directed learning / link to existing DHP tools
4. Rate again and positive feedback

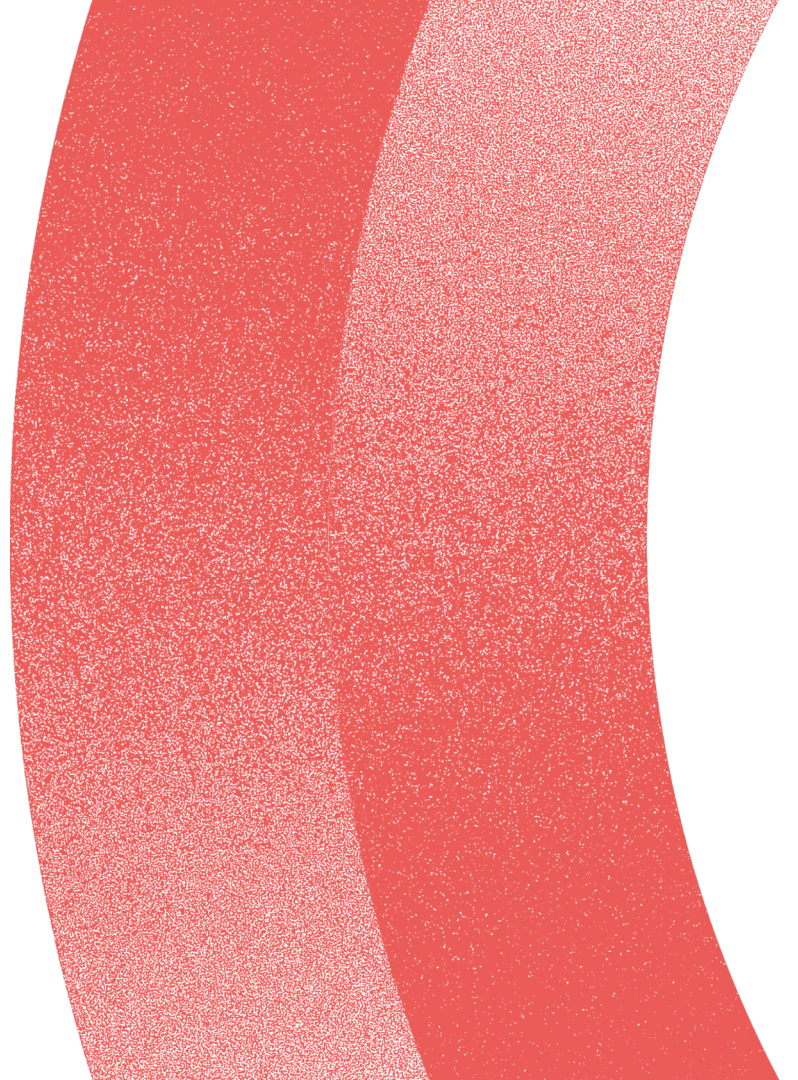
Clinical leads are our Transition theme leads: Dr Priya Narula (Sheffield Children's) and Dr Helena Gleeson (University Hospitals Birmingham)

Thank you

CONTACT US

hrc-children.nihr.ac.uk

hrc-children@nihr.ac.uk



Q&A



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Thank you



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