

1

2

3

4

5

6

7

8

9

10

11



MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 10 - Closure (10.4)

Health Apps for Mental Health



Partners

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10 Health Apps for Mental Health

Objectives

- ✓ Mental health sum-up
- ✓ Emotions sum-up
- ✓ Mental health applications sum-up.



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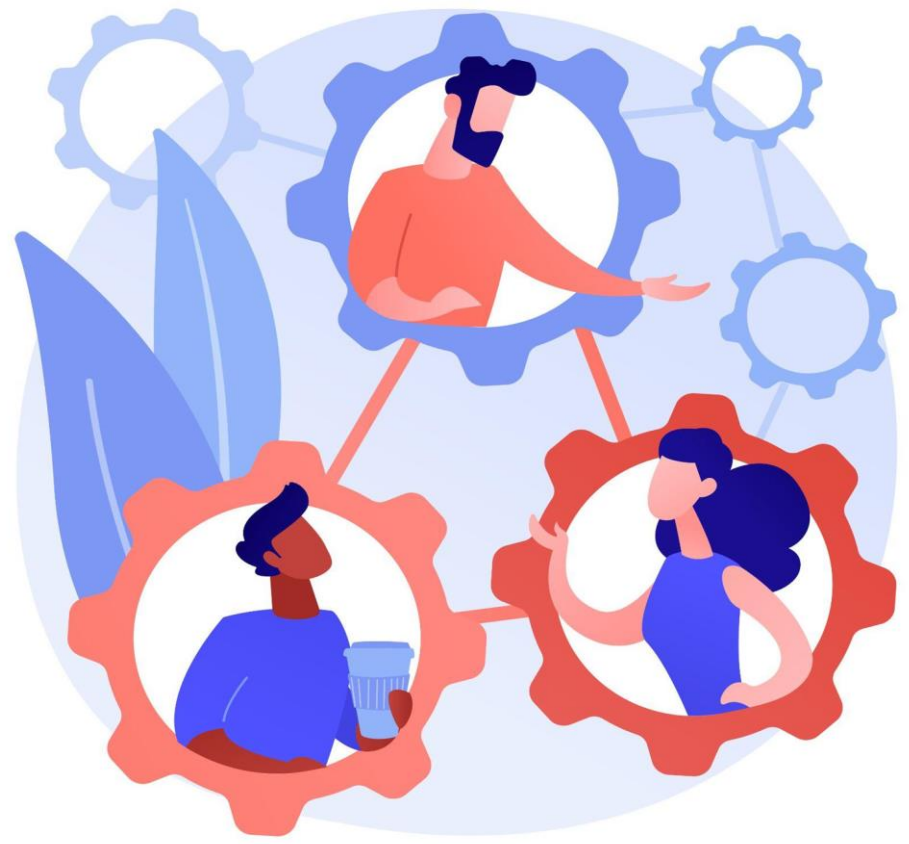


[Source: Image by nuraghies on Freepik](#)



Competences

✓ Summary of the main lessons learned from the training



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Mental Health

- Mental Health is a state of mental well-being that enables people to cope with the stresses of life, to develop their full capacities, to be able to learn and work well, and to contribute to the betterment of their community.
- There are a number of factors that influence people's mental health (Biological factors, life experiences, lifestyle, family history).
- When these factors are altered, Mental Health problems begin to appear (anxiety, depression, stres...).



Emotions

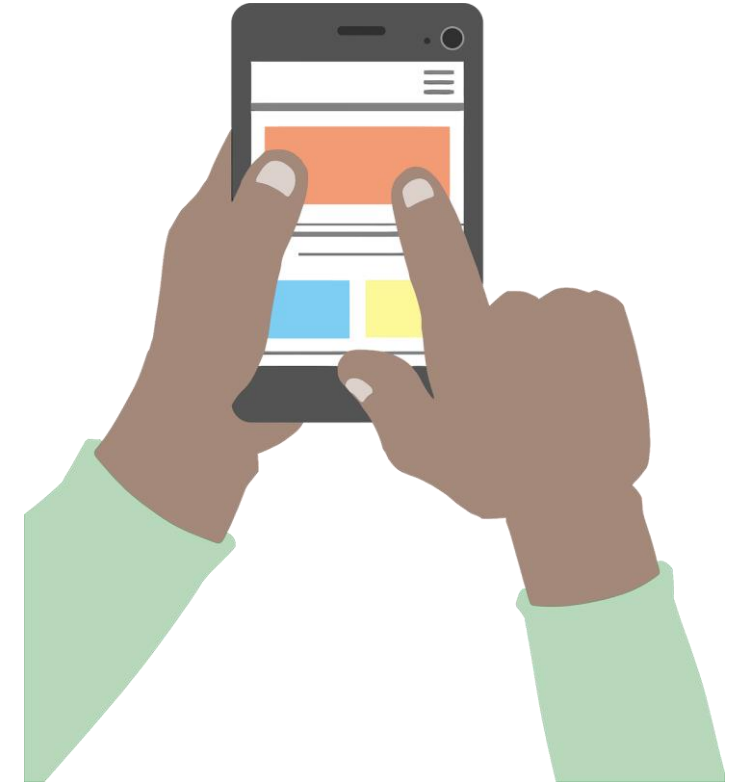
- Emotions are understood as an intense and temporary mood alteration.
- Emotional intelligence is important because it enables us to perceive, understand and adaptively regulate emotions.
- There are some basic emotions (happiness, surprise, sadness, anger, disgust and fear).
- The most commonly used emotional regulation techniques are: re-evaluation, problem resolution and breath control.



Mental Health Applications

There are different types of mental health applications:

- Recording of the user's mood and day to day life.
- Tools for PTSD, anxiety and stress management.
- Helping to seek psychological support, as well as teaching and informing professionals.
- Helping to manage emotions and feelings.



Provide Feedback & Discuss

- *Do you think this course has been **useful**?*
- *Do you think you will **use** any of the module apps?*
- *From your experience, do you consider that these applications **help to achieve** the objectives?*
- *Can you comment on any **positive experience** you have had with the application used?*





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!
You have completed this
module!

