LOOKING AFTER OUR MENTAL HEALTH

VIDEO TRANSCRIPT

Barbara Harvey: The use of technology to manage your mental health is a very new, but absolutely growing sector. In fact, in some recent research that we did at Accenture, we discovered that four out of 10 people are already using technology as a tool to help them with their mental health.

The more channels you have, the more ways in which you make it possible for people to explore what's going on, then the more likelihood somebody's going to open up and ultimately get the help that they need.

Laetitia Cailleteau: I think technology and mental health are two worlds that are colliding. Technology, virtual reality and artificial intelligence will help provide more personalised treatment.

Marion Duncan: We wanted to create an experience using VR technology to help people refocus to be more productive and happier at work.

Laetitia Cailleteau: So we have three different kind of scenes, you know, virtual reality, and the idea was to put those into the headset and try it on to see if some of those things are helping to relieve stress.

We're hoping that we can maybe take it further, potentially commercialise it with enough trials and with enough testing on it, and start kind of evolving

it more towards that vision we have of personalised diagnostic and personalised treatment.

Barbara Harvey: Technology has a really important role to play, but it's very much only part of the solution. And that's why we put a lot of focus in our organisation on the human touch.

We have our mental health allies program, where we've trained well over 15% of our people to just support each other.

Paul Duggan: One of the reasons I engage in the program is that I have had and probably still have mental health issues, especially around anxiety. People like myself will train people to understand the basics of mental health.

We're here to listen, to try to understand and then to signpost them to the help that's available.

Barbara Harvey: The role of the employer is critical. They can use technology as part of their ammunition, but you've got to start by making the culture a culture within which it is safe to open up about mental health, and about just making it part of the everyday conversation.