

MindMyMind (MMM)

An app designed to enhance client engagement, case monitoring and the efficacy of the Live On! suicide intervention programme.

About MMM

MMM is an app created for Live On!, a suicide intervention programme by TOUCH Counselling & Psychological Services (TCPS) which helps youths manage and reduce suicide risk. In addition to conducting individual counselling and family sessions, programme caseworkers use MMM as a digital enabler to keep clients safe, engaged, and connected to support.

MMM is a first-of-its-kind suicide intervention app incorporated with evidence-informed features, including those recommended by subject matter experts in Singapore and end-users.

Impact of MMM

- **Improved Case Monitoring:** Caseworkers reported more efficient monitoring of client's well-being through customised dashboards. Auto-detection of trigger words in journal entries have also prompted caseworkers to follow-up with client and take action immediately.
- **Encouraged Self-help Behaviour:** Creative in-app gamified activities have encouraged clients' consistent usage of coping strategies and help resources.
- **Prevents Caseworker Burnout:** The effective integration of technology into suicide intervention work alleviates the substantial demands placed upon caseworkers by automating and simplifying processes, allowing them to monitor multiple clients remotely, and enabling them to provide timely intervention virtually.

MMM App Features

- **Enables youths to track their well-being** through features such as a mood tracker, sleep diary and journal.
- **Provides visibility on clients' progress and emotional state** by allowing clients, parents/guardians and caseworkers to conduct regular check-ins virtually.
- **Automates processes, and connects clients and caseworkers** through the app, anytime and anywhere, boosting efficiency of the intervention.
- **Increases youth's self-help abilities** through emergency contacts and the in-app safety plan, which is fundamental to all suicide-related interventions.

Future Plans

Currently in its pilot phase, MMM shows much promise in enhancing suicide intervention work amongst youths who are not yet a part of Live On! and using the app.

As we continually enhance the app's features and interface, and tap on AI to make it more effective, we look forward to collaborating with social service agencies, medical institutions and healthcare professionals to bring MMM to more youths who require suicide intervention.