

# WHAT TO LOOK FOR IN A MENTAL HEALTH APP

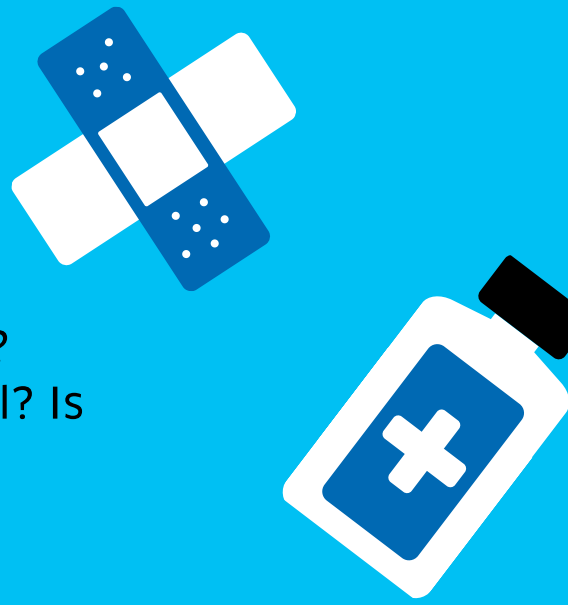


Here are some key criteria to consider when assessing any potential mental health app.

from MHCC and CIHR

## 1 EFFECTIVENESS

What is the app's intended purpose? Can it actually do what it says it will? Is there proof?



## 2 USABILITY

Is the app user-friendly and engaging enough to make people want to keep using it?



## 3 SECURITY AND PRIVACY

Does the app clearly state how it will collect, store, use and protect personal health information?



## 4 FUNCTIONALITY

What functions does the app offer (e.g., journaling, mood tracking, guided exercises)?



## 5 TARGET USERS

Who is the intended audience for the app? Is it clear who should or should not be using it?

## 6 INCLUSION

Does the app consider the needs and preferences of diverse people? How appropriate is the app for people from a variety of cultures?



## 7 PRICE

Is the app upfront about its cost or are there hidden/extra fees?

## 8 TRANSPARENCY

Does the app clearly state the individuals or organizations involved?

