



CONFIDENTIAL

MyHelp

A unique digital platform transforming
the therapist-patient relationship

What People Think?

“It looks great at first glance, and I can see the potential”
(Advisor, Mental Health Charity)

“This seems to be an amazing and efficient product” (Lead Consultant, NHS Foundation Trust)

“MyHelp provides a solution to a problem not yet solved”
(Digital Lead, BABCP)

“One stop shop! Provides everything”
(Private Practitioner)

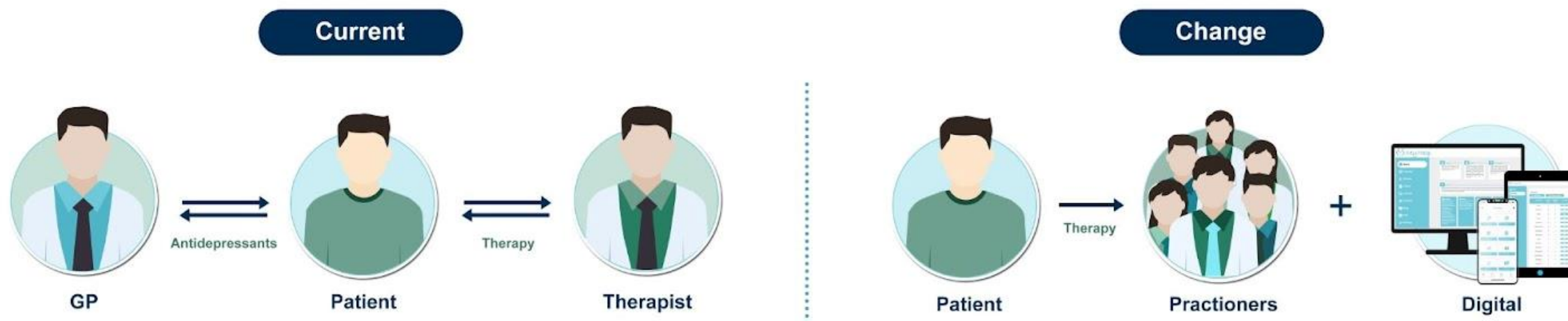
“This is an excellent product that would work well with Mental Health Practitioners.”
(Strategic Director, Mental Health Trust)

The Problem

Self care is critical if change is to be achieved:

- **Engagement** – individual's **not always engaged** for self care and often treatment not completed with positive outcomes not achieved.
- **Reliance** – over **reliance** on existing services (GPs, A&E etc).
- **Empower** – too many self help app solutions that **exclude** the therapist.
- **Personalised care** – current solutions and resources too **generic**.
- **Accountability** – individual's not taking **responsibility** for self care.

Mental Healthcare Services Shifting



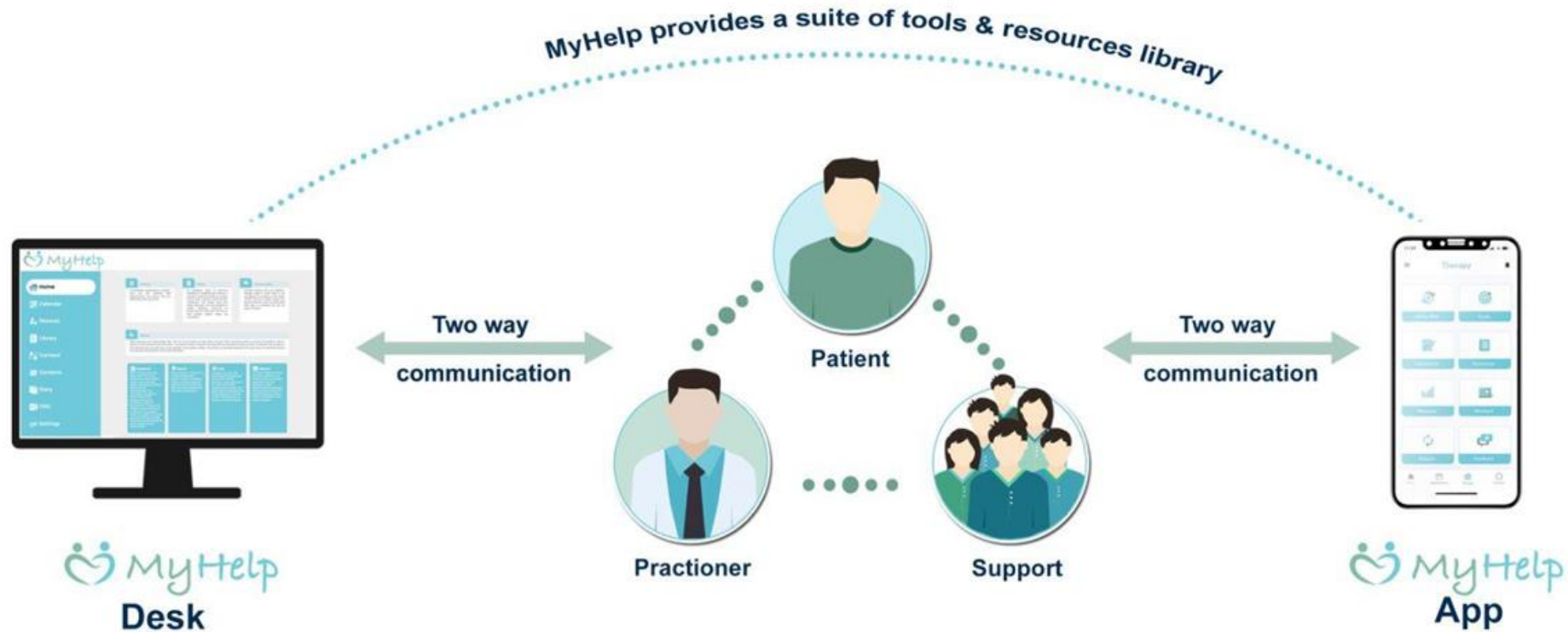
Shift from prescribing antidepressants to offering therapy

Move Patients from GP appointments into community services

Pandemic accelerating towards remote healthcare and digitalisation

New cohort of 'Practitioners' for delivery of mental health support

Digital platform for Practitioners & Patients



Strengthen the relationship

Enhance support and collaborative participation

Provide consistent evidence-based psychological services

Delivered on a personalised basis



Delivering Benefits to PATIENTS

Focus on individual's personal needs

Timely advice & support

Enhanced self-care

Increased engagement

Delivering improved outcomes

Reduction in relapse



Delivering Benefits to THERAPISTS

Integrated case management
& decision aids for therapist

Customisable monitoring
tools & resources

Comprehensive set of tools to
enhance the whole therapy
process

Integrated communication
system

Guidance to provide high
quality service delivery

Offering more than than
traditional therapy

Why MyHelp?



Content Providers



Chat Bots



Self Help Apps



MyHelp places EMPHASIS on the THERAPIST



The MyHelp Difference

- **Empower** - focus on providing the **necessary tools** therapists to support individuals.
- **Enhancement** - importance on **therapeutic relationship** and its improvement not replacement of it.
- **Engagement & accountability** - mechanism monitoring an individual's **responsibility** for self care.
- **Personalised care** - ability to **create bespoke** resources specific for an individual using a range of tools.
- **Collaborative care** - a platform that **connects all** those involved in providing mental health care not just therapists.

Management Team



Steve Kelly (Chair Person) an experienced tech entrepreneur and executive.



Indi Singh (CEO) a Chartered Accountant experience in spread of technology within healthcare



Kirren Kaur (Clinical Lead) is an accredited CBT therapist working with private and NHS patients.



Steven Gordon (CFO) a Chartered Accountant experienced in corporate finance and senior finance positions.



Dr Michael Townend (Clinical Lead) an experienced cognitive behaviour therapist & Associate Professor at University of Derby.



Myles Harding (CTO) is a technology leader with a full-stack development background, advising on shaping technical solutions to be stable, scalable and performant.



Martin Bell (CIO) was a board member at North Bristol NHS Trust as CIO. Previously Deputy MD of EMIS responsible for Community, Children's and Mental Health business.

Contact Details

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**Aspiring for change, to make a
difference!**