



Collaboratively Augmenting Longitudinal Monitoring in Bipolar: CALM Bipolar

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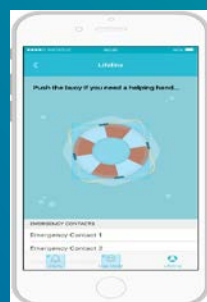
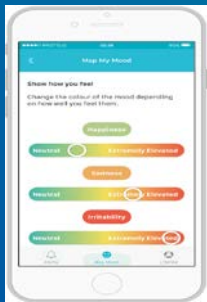
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WHY CALM BIPOLAR?

Apps to target mood & activity monitoring, medication reminders that have been co-designed with 16-25 year olds with mood disorders DO NOT EXIST



FUNCTIONALITY

- Logging daily moods
- Free-text diary
- Longitudinal mood monitoring
- Lifeline feature

OUR VISION

- App personalisation i.e. profile
- Therapeutic activity i.e. interactive mindfulness, games, doodle pads
- Dashboard for service access linked to electronic health records
- Buddy app i.e. for parents/partners

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