



www.moodcafé.co.uk

Frances Baty

NHS Fife Psychology Department



What it is & what it is not

- information & self help on topics related to mental health & well-being
- information on local groups & other resources
- a portal to interactive self help sites & other web resources

Development and context



Developed by NHS Psychology & Public Health Departments with local web design company; wider consultation group

5 months from inception to going live; went live April 2007

Designed to be an element within a Primary Care-focused mental health service



Site Contents - demo

Usage and Evaluation

- Use within Fife and elsewhere
- Monthly statistics
- Online evaluation
- NHS patient forums





Future plans & considerations

Further development of self help materials
(at present this includes antenatal resources
& resources for carers)

Language used and promotion