



A look back to the hackathon in Namur!



The CNP Saint-Martin, NEW asbl, the BEP, and the KIKK organized IT4Anxiety's fourth Hackathon at the TRAKK, a creative hub in Namur. The 54 hours event was held on 20-22 April 2022 and was filled with the creative energy of participants who were eager to learn, innovate and co-create with the aim of developing innovative solutions in mental health. It was our first physical hackathon (after three online ones) and was a great success!

[Read more](#)



Participate at our IMAGINE study !

Focus groups are organised within the IMAGINE study. The pictures are from the organisation of the groups in Belgium, Scotland, Germany, the Netherlands and France. Interesting discussions have taken place, allowing for the needs, the use, and the expectations on e-mental health of people living with and/or dealing with anxiety, carers, and health professionals to be analysed. The focus groups have taken place either face-2-face, online, or in a hybrid version. Focus groups will also be organised in Northern Ireland in the beginning of the summer.



The IMAGINE survey is ongoing until the end of June. There is still time to participate! [Click here](#) if you wish to contribute with your view on the use of new technologies within mental health. Thank you!

[Read more](#)

Meet the two new start-ups that joined the IT4Anxiety project !

Cerina
Therapist in your pocket



Two new start-ups have joined the IT4Anxiety project: Mind Reality and Cerina!

They have become project partners and will benefit from numerous advantages and a budget from the INTERREG NEW program for their development. In particular, the start-ups will benefit from the visibility of the project and its large network, the expertise and experience of the project team, the opportunities for testing and validation with patients in real conditions, support and advice.

Discover what they are developing !

[Read more](#)



Eldom in Scotland !



Within the framework of the European project IT4anxiety, the company ELDOM is experimenting its solutions in Scotland with the objective of reducing patient anxiety in care homes.

The European project It4anxiety aims at allowing the experimentation in situ of innovative solutions in mental health developed by start-ups. It is in this context that the French startup Eldom went to Scotland to evaluate the installation of photoluminescent kits in 6 care homes located on the islands of Lewis, Uist and Harris. This experience was made possible by IT4Anxiety's NHS partner and the Marion Mac Innes network.

In March 2022, during the trip organized in Scotland, the first results were more than satisfactory. Indeed, the health professionals observed an improvement in the general state of the patients as well as a reduction in anxiety.

[Read more](#)

In-Spir in Belgium !



The fragrance diffusers from In-Spir, a start-up in the IT4Anxiety project are designed to improve the comfort, well-being and reduce anxiety of its users. The first test phase allowed the start-up to implement 5 diffusers at the CNP Saint Martin from February to March 2022.

Based on the feedback gained, a new version of the diffuser is expected to be introduced in July 2022, in preparation for a second phase of testing at the CNP Saint Martin.

[Read more](#)



Life-changing person

Within the framework of the IT4Anxiety project, the Haute Ecole de la Province de Namur (HEPN) is setting up a training course dedicated to mental health professionals on the use of new technologies in blended therapies. For this training to be in line with the needs, the HEPN team meets with many experts. Among these experts, some stand out. Here is the testimony of Muriel Dulière from the HEPN who shares with us these exceptional encounters.



“Through the IT4Anxiety project, we have the chance to meet people who are out of the ordinary, people who change your perceptions and your vision of life. There are people who inspire you by their project, their vision, their value. These people, in the space of a few hours, will be like a breath of fresh air. Among these people, we would like to mention two encounters that brought new life to our project: Mrs So Yung Straga, President of the Shared Patient Experience association as well as Stephane Waha and Pierre Faignoy, peer supports.”

[Read more](#)

Our next IT4Anxiety hackathon is coming up very soon !



" Technology and mental health "

IT4Anxiety fifth Hackathon

22nd & 23rd June 2022
Elgin, Scotland



SAVE THE DATE

You are a mental health professional, mental health service user, start-up or SME looking to develop a solution in e-mental health? Or a PhD student in medicine, mental health, engineering or entrepreneurship?

Then this hackathon is for you!

More information on what a hackathon is, how it will be organised, etc.: [here](#)



For more information about the IT4Anxiety project, please visit our website
 and follow us on our social media accounts:



The IT4Anxiety team !

Partners



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