



Mobile health apps in psychotherapy in Europe

Situation in Lithuania



Clinical psychologist

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2020

a little bit of context

In Lithuania quarantine started on
the 16 th of March

All psychological counseling or
psychotherapy was moved to
remote services

Psychologists and psychotherapists worked using
already existing programmes like Skype, Zoom and
so on.



What did the government do?

Because of levels of anxiety rising in the population, and being harder reaching psychological help, all lines were connected to one number.

Hope line
Line for women
Youth line
Children line
Silver line



1809

a little bit of data

Till this day, the line received around
5000 calls, seeking emotional
support, of which, the most part was
directed to the Hope line.



Mental Health Centers

There are more than a 100 public mental health centers in Lithuania, where in each of them there is a team of a psychiatrist, child's psychiatrist, medical psychologist, a nurse, and a social worker.

Since 2020 January 1, people who are diagnosed with a mental disorder could get 30 psychotherapy sessions for free (in case that the professional sees the need for more sessions, it can be expanded up to 40 sessions per year).

Psychological consultations are also funded by the government, people just need to register themselves to the mental health center which they want to get services from.

A lot of consultations of mental health centers were moved to remote ones.

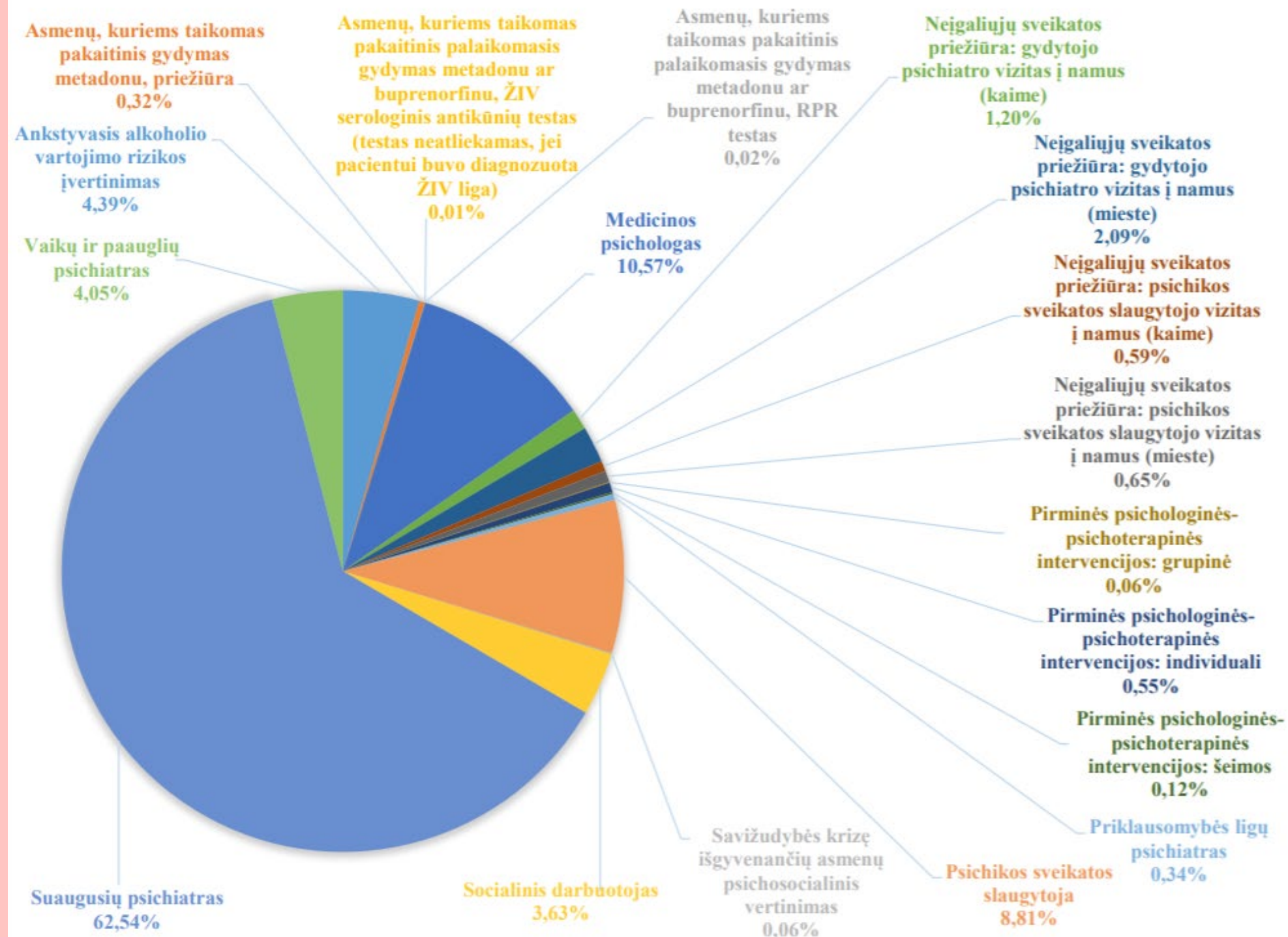
a little bit of data

Metai	Mėnuo	Psichikos sveikatos centro specialistų (kontaktiniai apsilankymai)	Nuotoliniai apsilankymai pas Psichikos sveikatos centro specialistus
2019	5	88 095	
	6	76 817	
	7	73 916	
	8	67 066	
2020	5	17 277	36 158
	6	29 470	40 600
	7	43 828	28 100
	8	44 927	21 985



Mental Health Centers

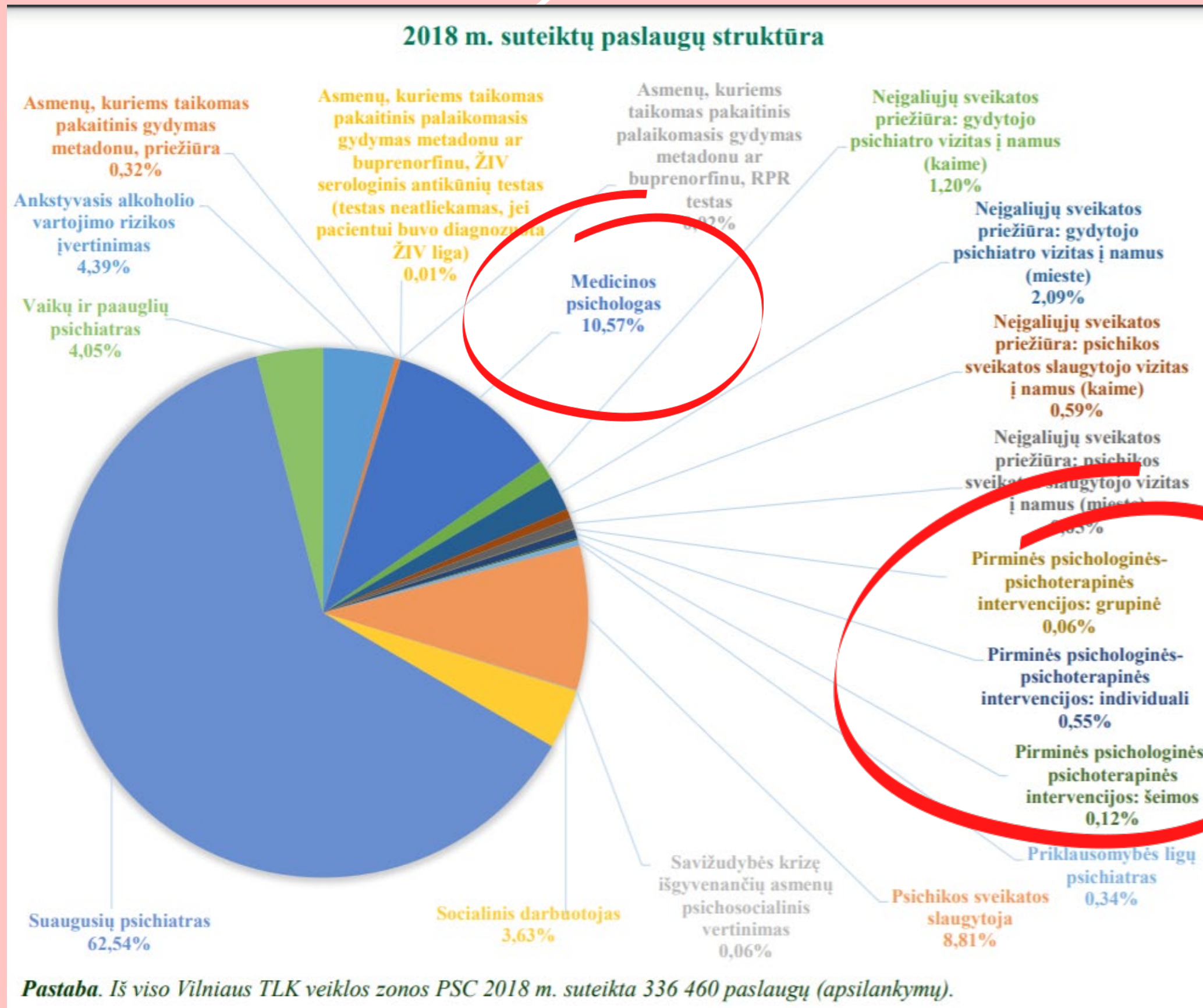
2018 m. suteiktų paslaugų struktūra



Pastaba. Iš viso Vilniaus TLK veiklos zonos PSC 2018 m. suteikta 336 460 paslaugų (apsilankymų).

Statistics of type services provided in Vilnius mental health centers in 2018.

Mental Health Centers



Statistics of type services provided in Vilnius mental health centers in 2018.

Services of medical psychologist - 10,57 %

Services of psychotherapy - 0.73 %

Using apps for mental health



mindletic

A Mental Gym

Lithuania, Germany, Norway, USA, Sweden



Mindletic



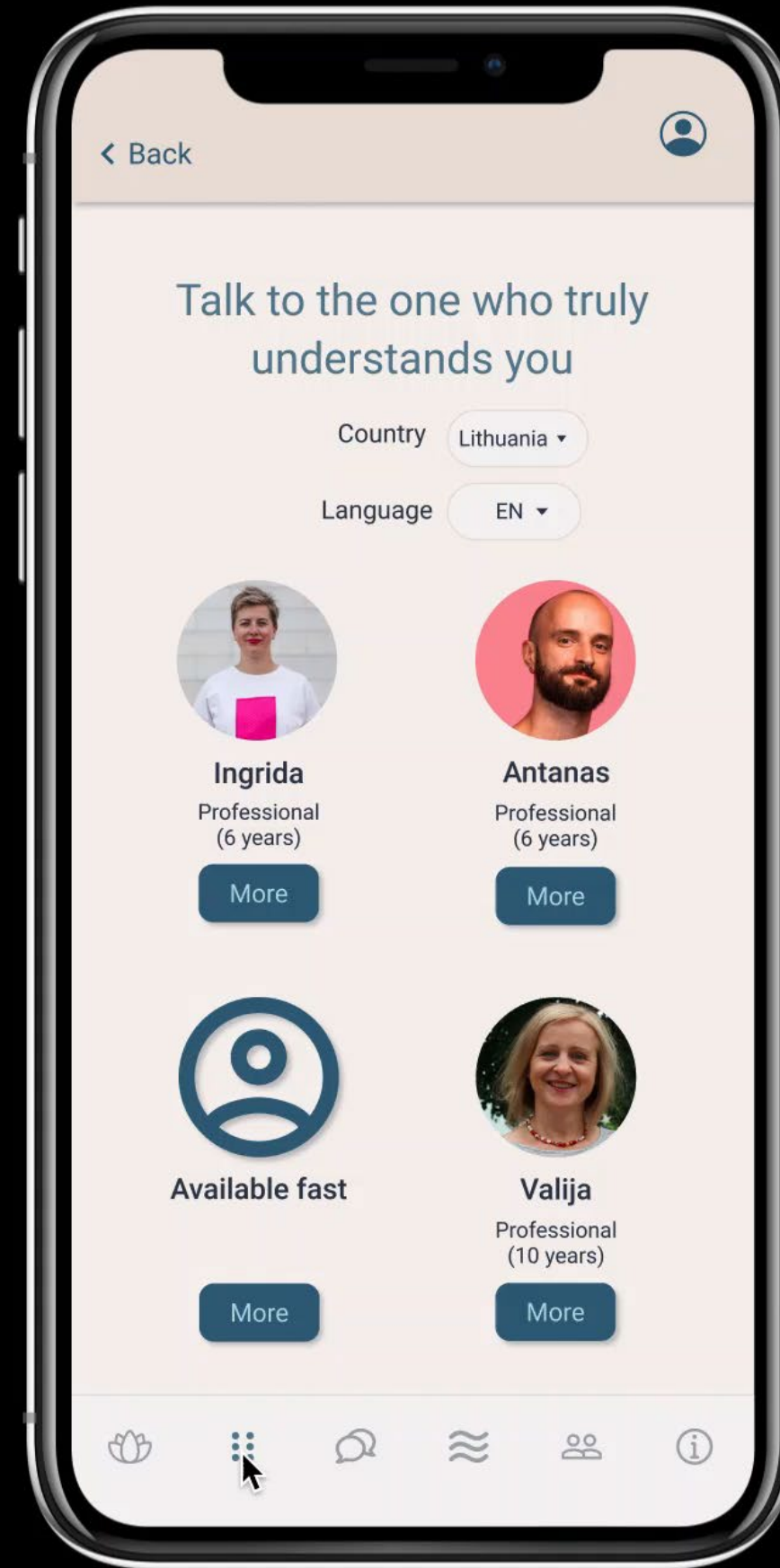
Mental Gym



Mindletic

Mindletic app is GDPR compliant and it uses meeting rooms which is a safe video calling solution.

There is no record of the person prior the consultation, but the company has to know all the legal requirements related to therapy in that country.





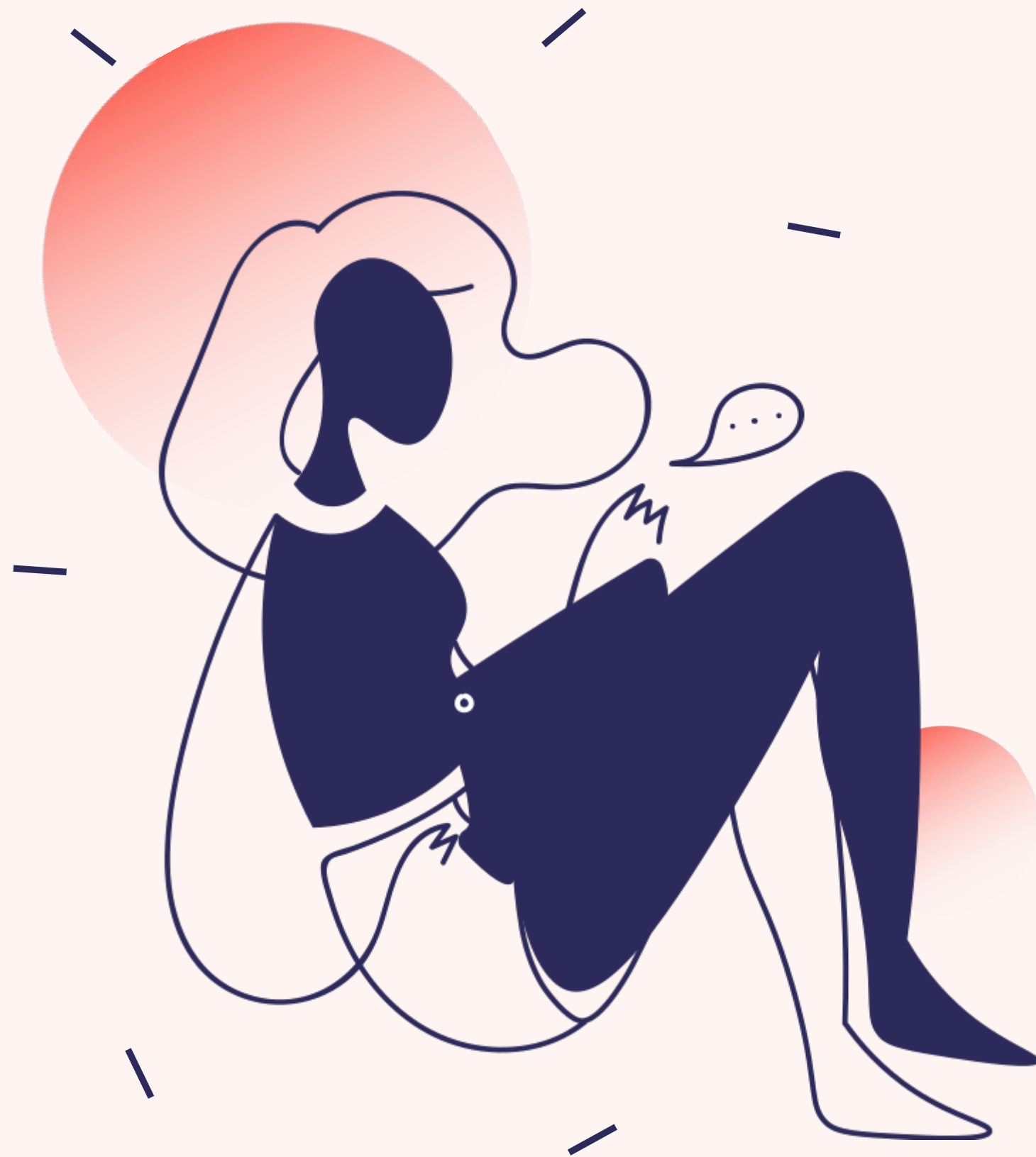
Still me

An 8 week long mindfulness-based internet intervention for students, who experienced traumatizing events and therefore have difficulties coping with them.

The purpose of each week is to focus on your feelings, sensations, thoughts without judging them. The program offers short exercises (sound records), and also provides an opportunity to write a psychologist.

The evaluation of the program is in process.

Created by researchers of Vilnius university
Center for Psychotraumatology and
researchers from Sweden, Linköping university



Lingi

eight-week cognitive behavior therapy-based internet intervention for informal caregivers who experience difficulties in taking care of their relatives.

People who participate in the program have sessions with a psychologist, specially prepared for this program, and they learn ways to cope with the upcoming difficulties, to manage their emotions,

People who are participating in the intervention, also participate in the research.

all in all

Shifting from live consultations to remote ones has helped a lot of people reach the support they needed.

Although there are great initiatives trying to help people, the efficacy of different apps for mental health needs to be evaluated.

