



# Wellmind Health

## Be Mindful for Aneurin Bevan University Health Board

NHS Wales Health Board improves access to mental health support and population outcomes

### THE CLIENT



Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

Aneurin Bevan University  
Health Board  
Gwent, Wales

Main contact: Jackie Williams,  
Senior Public Health  
Practitioner

### CHALLENGE



Promote and protect the mental  
health of the local Health Board  
population

Provide effective, evidence-based  
program that empowers self-  
management

Ensure easy accessibility of mental  
health tools to the local Health  
Board population

Easily access engagement and  
outcome data

### SOLUTION



Digital therapeutic Mindfulness-  
Based Cognitive Therapy program

Evidence-based with clinically  
proven results

Program accessible instantly upon  
registration and on demand

Dashboard of data analytics with  
clear success and effectiveness  
measurements

### OUTCOMES



Outstanding outcomes and  
testimonials

46% reduction in depression  
49% reduction in anxiety  
34% reduction in stress

Instant digital therapeutic support,  
enabling 24/7 access and  
empowering self-management

Reporting on real-time engagement  
and outcome data



Be Mindful

"The Wellmind Health team is very responsive if we have any queries and is supportive of our needs. They recently helped at short notice to make amends to wording on promotional materials ahead of a promotional event which was extremely successful thanks to their input."

Joan Ogonovsky, Public Health Practitioner, ABUHB

## Summary

Aneurin Bevan University Health Board (ABUHB) is the local health board of NHS Wales for Gwent, serving a population of over 500k. Due to the significant impact of the pandemic on people's mental health and wellbeing, ABUHB wanted to make available an evidence-based resource that could help people protect and improve their mental wellbeing.

In January 2021, ABUHB's Public Health team launched a mental-wellbeing resources website, Melo, to provide a central point of access for a range of self-help resources and programs to help improve and protect mental health and wellbeing. The aim was to make information, advice and resources easily and instantly accessible to the population to help them help themselves and self-manage their symptoms.

Prior to commissioning Melo an evidence review was conducted, with a sound evidence base being essential for adopted tools. Evidence-based approaches then sought for inclusion were identified as CBT, mindfulness and ACT. The Be Mindful MBCT program was selected from the NHS England list of evidence-based apps and for the strength and quality of the published research behind it.

Melo provides information, advice and free self-help resources and programs, with individuals able to self-enrol onto Be Mindful via the Melo website. Local health professionals are made aware of the Be Mindful program and can signpost to it if they consider their patients would benefit from it. Program completers have seen significant improvements in levels of anxiety, stress and depression and provide extremely positive ratings and testimonials.

The management portal and dashboard have provided a unique and unexpected benefit to the Public Health team. Real-time participant engagement and outcome results are available instantly to staff without data having to be requested. The Wellmind Health platform also delivers full data security compliance.

## Population Testimonials

*"Thank you for this program, despite my initial reluctance I've found it very rewarding and have noticed a significant impact in my daily life." Katie, Jul 2023*

*"The course is really helpful as for myself it opened me up to share my thoughts and feelings to people who care including importantly family... There is some help I found it just give it a try they said. I did and its helpful..." Steve, Oct 2022*

*"When I first started the course, I wasn't sure about it!? I wasn't in the best place, so hopefully something would help me get back to being me. This course has helped me through a difficult time! Just small steps & actually addressing how I'm feeling. Would recommend it" Jan, Apr 2022*

*"I thought it was thought provoking, gave a good drilling into how we perceive things and how to navigate in a positive way. It's certainly helped me practice relaxing within myself." Paul, Sep 2022*

*"I found the course very beneficial. I continue to use it daily and when I have trouble sleeping. Some weeks I didn't feel like logging on or I found no time. It's easy and simple to pick up where you left off and continue your Mindfulness journey. Thank you, I continue to make positive changes to the way I react to situations." Christy, Apr 2022*

*"The evidence base behind Be Mindful is highly reassuring. For us as a public health team, evidence and evaluation are key, so being able to look at the data ourselves in real-time on the management portal, as well as the published research studies, is hugely valuable."*

Jackie Williams, Senior Public Health Practitioner, ABUHB

