

## Five Mental Health Start-ups Revolutionising Healthcare



In today's fast-paced world, mental health is a topic of growing importance. While the stigma around mental health is slowly dissipating, access to adequate mental health services remains a challenge. According to a 2023 survey, nearly one in two Europeans reported experiencing emotional or psychological difficulties, highlighting the increasing need for innovative solutions. Amidst this growing demand, mental health start-ups are stepping up, leveraging technology to make mental health care more accessible and effective. Supported by organisations like EIT Health, these start-ups are transforming how mental health issues are diagnosed, treated, and managed.

### 1. Medea Mind: Data-Driven Mental Health Care

Medea Mind is revolutionising mental health care through its Clinical Decision Support System (CDSS). Mental health professionals often face challenges in collecting and analysing the vast amount of biopsychosocial data required for effective treatment. Medea Mind's technology automates and standardises this process, allowing practitioners to make more informed, data-driven decisions. Acting as a digital assistant, the platform streamlines the intervention process for professionals and patients, saving time and improving treatment adherence.

With its modular system, Medea Mind integrates seamlessly into existing healthcare infrastructures, making it a flexible solution that can be adopted widely. The start-up has garnered support from EIT Health, which has provided essential mentorship, funding, and exposure. Medea Mind is at the forefront of a movement that aims to make mental health care more precise, personalised, and efficient.

### 2. Moonbird: A Breath of Fresh Air in Mental Health

For many, mental health care can be inaccessible, whether due to a lack of resources or difficulty maintaining self-care routines. Moonbird addresses this gap with a simple yet effective tool—a handheld breathing device that helps users manage stress and anxiety through controlled breathing exercises. The device is backed by scientific evidence that shows how proper breathing techniques can improve mental well-being by calming the nervous system.

Moonbird's solution makes these techniques more user-friendly, allowing individuals to take control of their mental health without professional assistance. With support from EIT Health, Moonbird has accelerated its product development and improved its fit within the mental health market. By simplifying access to stress management tools, Moonbird empowers users to integrate mental wellness into their daily lives.

### 3. XRHealth: Virtual Reality for Mental Wellness

XRHealth is changing the game with its immersive virtual reality (VR) platform, which combines mental health treatment with physical and occupational therapy. Patients can access evidence-based treatments from the comfort of their homes through engaging, interactive environments. This innovative use of VR enhances patient motivation and engagement and makes therapy more accessible for those unable to attend in-person sessions.

The platform's holistic approach addresses various healthcare needs, integrating mental health with physical therapy and pain management. Supported by EIT Health, XRHealth has rapidly expanded its reach, now operating clinics across multiple continents. By making therapy more immersive and personalised, XRHealth is paving the way for more engaging and effective mental health treatments.

### 4. Myndgard: Early Detection for Youth Mental Health

Myndgard, a spinout from Trinity College Dublin, is focused on detecting early signs of depression and anxiety in young people. By using artificial intelligence (AI) and mobile technology, the start-up provides real-time feedback to both patients and therapists, improving the quality of care before in-person sessions even begin. The app monitors factors like sleep, socialisation, and productivity, which are often early indicators of mental health challenges.

EIT Health has played a pivotal role in Myndgard's growth, supporting them through innovation competitions focusing on solving pressing health issues in children's mental health. With Myndgard's ability to offer pre-therapy reports and personalised support, the start-up aims to double the number of patients that can be treated without increasing the workload on healthcare professionals.

## **5. INUKA Coaching: Affordable Mental Health Support for All**

Mental health care doesn't always require a licensed therapist; sometimes, a meaningful conversation with a trained individual is enough to make a difference. INUKA Coaching provides a global platform where users can connect with trained coaches for support on a wide range of issues, from physical to mental challenges. The service is designed to be affordable, effective, and accessible, bridging the gap for those who may not have access to traditional therapy.

INUKA's mission is to provide timely and accessible mental health support worldwide. Supported by EIT Health, the start-up has launched successfully in Germany, tapping into the European market and offering its services to a broader audience. This platform transforms mental health care by providing cost-effective, quality support whenever and wherever it's needed.

As mental health challenges continue to rise globally, start-ups like Medea Mind, Moonbird, XRHealth, Myndgard, and INUKA Coaching are in charge of creating innovative, accessible solutions. With the support of organisations like EIT Health, these companies are addressing gaps in traditional mental health care and revolutionising how we approach mental wellness. The future of mental health care lies in personalised, data-driven, and easily accessible solutions—one that empowers individuals to take control of their well-being while providing healthcare professionals with the tools to deliver more effective interventions. These innovative technologies bring hope and healing to millions worldwide.

**Source:** [EIT Health](#)

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