

## Mental health startup Flow joins ORCHA App Library

**London, U.K.** - Mental health startup [Flow](#) has become the highest scoring free depression treatment app in the [ORCHA App Library](#). The app uses evidence-based psychology and neuroscience research to help patients understand, treat and prevent depression.

The inclusion into the ORCHA App Library means the many NHS trusts and healthcare professionals, who have their own bespoke App Library using the ORCHA platform, can now easily include Flow in their library and directly recommend it to their patients to reduce symptoms of depression.

Flow achieved a 72% rating at [ORCHA](#), the world's leading health app evaluation and distribution organisation, which supports the national NHS Digital programme. The ORCHA Review of Flow can be viewed [here](#) (for iOS), and [here](#) (for Android).

Liz Ashall-Payne, Founding CEO, ORCHA, said: "Trust is the biggest barrier when it comes to health app use and uptake, so reviewing and knowing which are the best is critical. NHS organisations in 50% of NHS regions offer libraries on the ORCHA platform. Their health and care professionals can now refer patients directly to Flow. All apps listed, including Flow, have been evaluated across more than 260 parameters, including Clinical Assurance, Data Privacy and User Experience."

Co-founder and CEO Daniel Mansson says that he started Flow together with his co-founder Erik Rehn because of the mental health crisis. "As a clinical psychologist, I saw how mental health services were overwhelmed by soaring demand, which left patients facing long delays to access care. Psychologists can not serve everyone, but apps can, so we decided to create one that complements the standard care model for depression and offers healthcare professionals a scalable treatment that is effective, certified and free."

After downloading Flow, patients are guided by a virtual therapist which offers personalised behavioural therapy, mood tracking and curated videos across areas proven to reduce symptoms of depression, including nutrition, exercise and sleep. During the current coronavirus pandemic, healthcare professionals can use Flow to give patients a good understanding of what they can do to improve their mental health. The Flow app is free on [iOS](#) and [Android](#), and has been downloaded over 10,000 times.

The Flow app works alongside the [Flow headset](#), a drug-free, at-home brain stimulation headset treatment for depression - the first, and only, of its type to be medically approved in the EU and UK. The type of brain stimulation used in the Flow headset has been shown in various clinical studies, including [New England Journal of Medicine](#) and the [British Journal of Psychiatry](#), to have a similar impact to antidepressants, but with fewer and less-severe side effects.

**ENDS**

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**Media enquiries**

Daniel Mansson, co-founder and CEO of Flow, is available for interview.

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**Notes**

The Flow chatbot therapist app requires iOS 11.0 (or later) or Android. Compatible with iPhone, iPad and iPod touch, as well as Android devices.

**About Flow Neuroscience**

Medical device company Flow has developed the first, and only, medically approved home brain stimulation treatment for depression. The headset and accompanying therapy app empowers and motivates individuals to take control, self-manage and reduce the risk of depression with effective, non-pharmacological, digital alternatives. Flow was founded by clinical psychologist Daniel Mansson and neuroscientist Erik Rehn, and consists of prominent researchers in the field of psychiatry, clinical psychology, brain stimulation, neuroscience and machine learning. The company was founded in 2016 and is based in Sweden. For more information, please visit [flowneuroscience.com](http://flowneuroscience.com)

**About ORCHA**

ORCHA is the world's leading health app evaluation and distribution organisation. We help governments, and health and social care organisations, to choose and deliver health apps that will safely make the biggest impact in terms of improving outcomes. Our tools help health and care professionals to recommend and monitor usage of health and care apps. They are proven to increase take-up and self-management of conditions. Passionate about good apps, we provide a range of services to help app developers create better apps, and, once great, get spotted by the people that matter. This breakthrough approach to monitoring the market for new apps, evaluation and community adoption has won awards. We conduct reviews for NHS Digital, and NHS England is accelerating the uptake of our service across the NHS, placing ORCHA in its National Innovation Accelerator Programme. For more information, please visit [orcha.co.uk](http://orcha.co.uk)