



- Guidance on
- FormScores
- Notice. Connect. Support

Why

We started Form as a simple way to track our mental wellbeing on a day-to-day basis using a score, out of ten. From there, FormScore has evolved to be much more than a mood tracker.

The App connects us with friends, family and colleagues to help support each other when we're feeling low and celebrate when we're riding high.



form

"The FormScore app is tech for good at its best. In a time of isolation, this provides meaningful connection. It's easy, accessible, social, and timely whilst impactful - that's everything you need in an app."

HARRY BLISS

CEO, Champion Health

Why now?

Now more than ever, we need to be able to keep track of our mental health and support those around us.

The stigma of mental ill-health often makes it hard for us to share how we are feeling. The effects of the pandemic mean that 100% of us will know what it is like to struggle with our mental health to some degree or another. Yet we are required to be physically distant from those who might be able to offer support.

How?

FormScore provides a new and simple way of communicating with a score out of ten.

The app facilitates connection between those we trust by making us aware of when they might need a check-in. It also lets them know when we might need some support.

In this guide, we explain each score and share advice on what to do when we, or our friends, experience low form.

We all have mental health. We all have Form.

10

Lifetime peak form

Check in with your self

Congratulations on reaching a lifetime peak form!

Just don't push yourself too hard and prioritise your sleep.



Reach out to your friends

Worth a checking in to see how your friend is doing. Maybe ask what they had for breakfast. :) Celebrate their high score but remind them the importance of balance.

Check in

Enjoy! Focus on the drivers of Form and reflect on what is going well.

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Exceptional form

0

A large, stylized blue number 8 is centered on the white background. Above it, the top portion of a blue number 9 is visible, and below it, the top portion of a teal number 7 is visible.

Very Good form

Check in 

8's are great. Try to maintain balance.

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f0rm

Check in

Think about your drivers of form.
If your Form is dropping, which driver has an impact on your form?
And what can you do to improve this?

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7

Good form



6

Average form



Check in

Think about your drivers of form.
If your Form is dropping, which driver has an impact on your form?
And what can you do to improve this?

Reach out

Consider checking in and asking your friend how they are doing and what is going on for them.
Or simply reach out for a general chat.

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Check in

Accept that you are feeling low.
Notice what is driving the low form.
If you can, tweak your lifestyle. Know that form is ever-moving and low form is not a fixed state of being.



Reach out

It is worth specifically checking in with your friend, saying that you noticed their low form. Let them know that you are there for them. Remember that we are not trying to fix people - just remind them that we are available to listen.

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Low form





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Very Low form



Check in

Accept that you are feeling low.
Notice what is driving the low form.
If you can, tweak your lifestyle. Know that form is ever-moving and low form is not a fixed state of being. Make sure that you are talking to those in your circle of trust.
If very low form persists, then think about seeking help (employer resources such as EAP scheme, or book an appointment with your GP).



Reach out

At a 4/10 we should be reaching out and asking our friends what is going on for them.
Check that they are OK. Are they getting the support that they need? Again, we are not trying to fix, rather listen to what is going on and suggest that our friend seeks help.
Be positive and reassure them but if low form persists it could be time for them to see a GP and seek some help.

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Check in

Here it is definitely time to seek help. No need to panic but it is time to see your GP. Utilise the resources that your employer may offer you, such as Employee Assistance Program, in-house therapist, Peer Support Networks. Make sure that you are also talking to people who are close to you and who are in your "circle of trust". There is no shame in talking about a mental health challenge. Try to identify what is driving such low form.



Reach out

Here we are looking to make sure that our friend is receiving the help that they need. Suggest that they look into the employee resources, call the EAP scheme, visit the GP, see a therapist. Regular check-ins are required to see how they are doing. Make sure that they are talking to someone in their physical proximity. Ideally, we would want them to agree to take action.

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Extremely Low form



A large, bold, red number '2' is centered on the left side of the page. Above it, the top portion of a red number '0' is visible. Below it, the top portion of a dark blue number '1' is visible.

I am struggling
and need help

Check in

Here it is definitely time to seek help. No need to panic but it is time to see your GP. Utilise the resources that your employer may offer you, such as Employee Assistance Program, in-house therapist, Peer Support Networks. Make sure that you are also talking to people who are close to you and who are in your "circle of trust". There is no shame in talking about a mental health challenge. Try to identify what is driving such low form.

Reach out

If someone posts a 2/10 they are at the point where they are asking for help. This is the time for clear action. We need to stop what we are doing and prioritise our friends. Speak to them over the phone, if they are happy to do so. Encourage them to take action. Go and see them if you can. Speak to their partner, if possible, or other contacts who can be physically present. If you have continued concerns following this, encourage your friend to see a GP or mental health professional straight away. If you feel they are at imminent risk, encourage them to call the emergency services.

Check in

If you are reaching this point, know that there is always hope. All feelings are temporary however futile things feel.

You are not a burden to those around you. It is important that you seek help IMMEDIATELY.

Call someone who can be with you right now. Call emergency services or a crisis line such as the Samaritans in the UK (Call 116 123).



Reach out

Reach out IMMEDIATELY.

Find out where they are. Get to them immediately, if you can. Call emergency services, if you feel they are in imminent danger.

Alert others in their proximity. Do not delay.

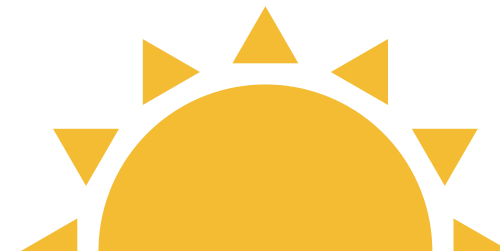
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1

Crisis
seek help now



How are you today?