

# DOC READY

HELPING YOUNG PEOPLE IN THE UK TO PREPARE FOR MENTAL HEALTH RELATED DOCTOR'S APPOINTMENTS.

*By Social Spider*

Project URL: [docready.org](http://docready.org)

Project Twitter: [@DocReady](https://twitter.com/DocReady)

Organisation URL: [socialspider.com](http://socialspider.com)

- Health
- Social Software
- Internet
- Data

Doc Ready is a digital tool that helps young people in the UK to know what to expect, plan what to say and then record the outcomes of any mental health related doctor's appointments. An Innovation Labs project, Doc Ready was co-designed with young people, in partnership with Social Spider, FutureGov, NeonTribe and Enabled by Design.

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