

eRECOVER

Integrated and coordinated digital care for mental disorders

ABSTRACT

Mental health conditions affect millions across Europe, yet timely, coordinated, and affordable care remains out of reach for many - especially in community and primary care settings. The eRECOVER project responds to this urgent challenge by developing and implementing a next-generation digital platform that expands access to high-quality, integrated mental health care.

Building on the German RECOVER model - a proven system that integrates medical, psychological, and social services - eRECOVER enhances its digital tools. These tools include interactive, evidence-based modules for digital diagnostics and treatment (e.g. video-supported and game-based therapies) for mental disorders. All elements are designed with a strong focus on user experience, accessibility, and clinical effectiveness.

A multidisciplinary consortium from Germany, France, Switzerland, Austria, and Spain collaborates to adapt the platform to diverse national health systems and cultural contexts. The project includes six key work packages:

- WP1: Central coordination, ethics, and quality assurance
- WP2: Enhancement of therapeutic content and user-centred software design
- WP3: Development of a secure, modular, multilingual, and MDR-prepared digital infrastructure with culturally adapted clinical modules
- WP4: Real-world implementation studies to assess clinical effectiveness and user acceptance
- WP5: Elicitation of public and stakeholder preferences to inform reimbursement and integration strategies
- WP6: Strategic communication, dissemination, and long-term sustainability planning

eRECOVER aims to bring effective mental health support closer to people's daily lives - whether through general practitioners, pharmacies, or digital community services. By combining cutting-edge technology with compassionate care, the project will empower patients, support professionals, reduce health system burdens, and promote mental wellbeing across Europe.

KEYWORDS

- Mental disorders
- Integrated care
- Primary care
- Online clinic
- Digital diagnostics
- Digital therapeutics
- Guided digital therapy

DURATION

24 months

PARTNERS

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