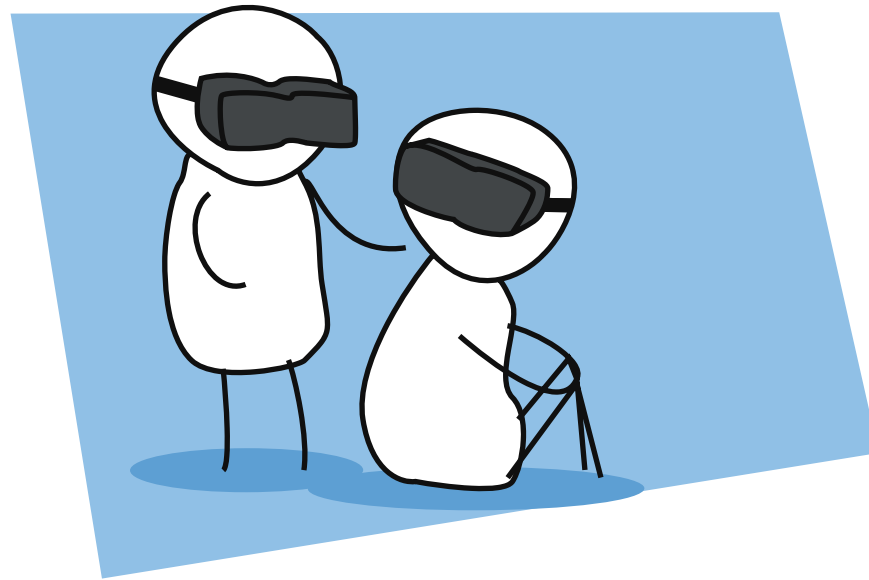# Peer Mentor Support in Virtual Reality: **Summary**

Enable young adults with mental health experiences to engage with peer mentors in virtual reality

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TUDelft   enliven.

Summary

This design project concerns the topic of peer mentor support in virtual reality. Young adults with Concerns about their mental health issues (YAMHI) seeking support in the Dutch mental health system struggle with long waiting times. The pressure and limited resources of the professional helpers limits their ability to solve these problems. A possible solution can be found in peer mentors; nonprofessional helpers with a lived experience with mental health issues. This project comes forth out of a collaboration with Enliven.

Enliven is a virtual reality company dedicated to social good. They aim to use virtual reality technology to create a peer mentor support platform for YAMHI to bridge the waiting times for professional support. The aim of this thesis is to explore how to enable young adults with mental health experiences to engage with peer mentors in virtual reality and design a concept for a virtual peer mentor support platform (figure 1). This is done with the following design goal:

To Enable young adults with concerns about their mental health issues to engage with a peer mentor through interaction in a virtual reality environment while waiting on the professional health care, with the aim to support them in addressing their problems.
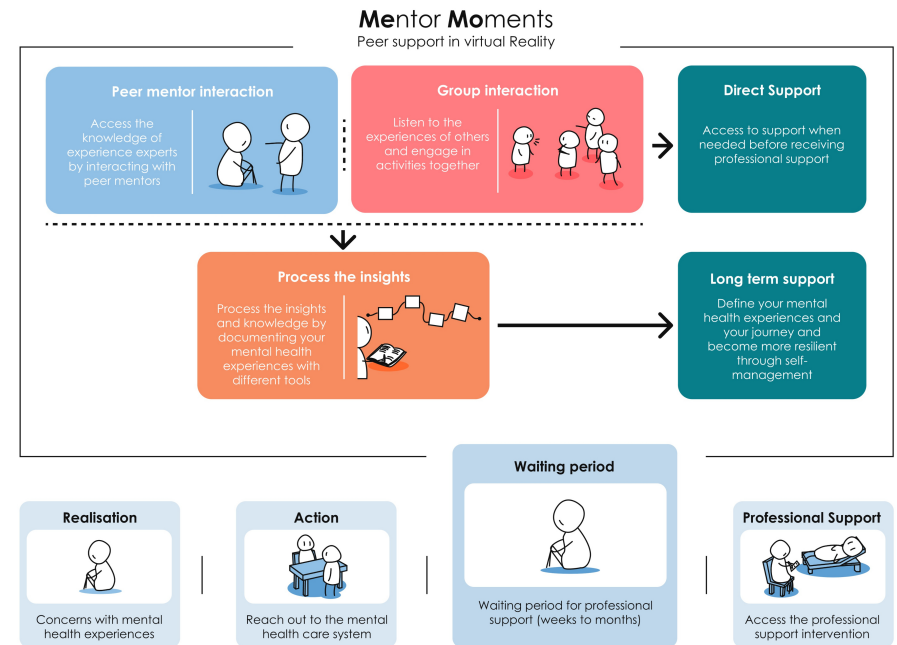
Figure 1: Virtual Peer Mentor Support Platform

The design process involved participatory design methods like contextmapping, co-design sessions and prototyping. YAMHI have been actively involved in the design process and decision making throughout this project. The tools used for prototyping consisted of Minecraft to design the virtual environments, Figma and paper prototypes. The outcome of this project is:

A design concept:
1) consisting of ten virtual environments that can be used to design a virtual peer mentor support platform (Figure 2 & 3).

2) An experiential prototype to demonstrate the intended interactions between YAMHI and peer mentors of some of those environments (6 of the 10)

As an addition on the side:
3) Because the platform does not exist yet, a manual to support the design team to further integrate these environments in their platformhas been created.
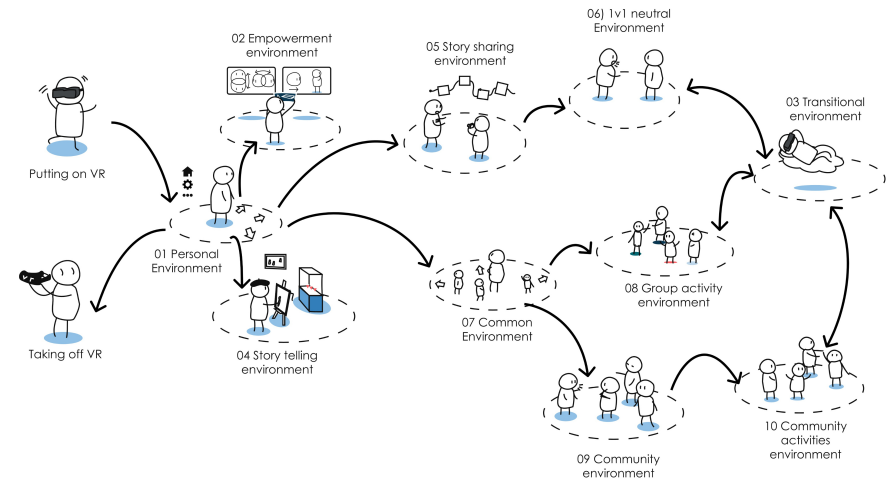

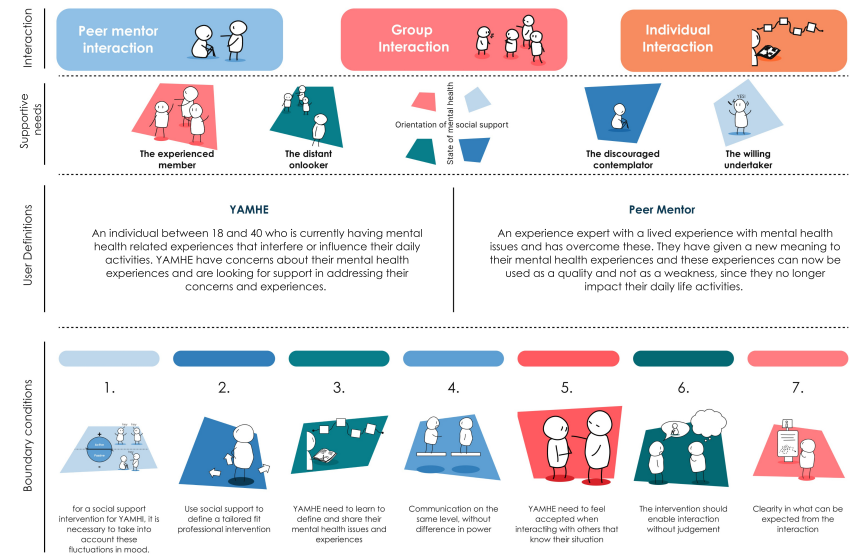**Figure 2:** An overview of the ten virtual environments.

Figure 3: The frame for interaction with the concept.