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Digital Health & Care  
Innovation Centre



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## SEPTEMBER 2024

(If there are problems with how this message is displayed, click [here](#) to view it in a web browser)

Dear <<First Name>>

Welcome to the September instalment of your Digital Mental Health Innovation Cluster newsletter!

Here, we're fostering a community of innovators dedicated to improving lives. Join us as we explore ground-breaking research, share success stories, and highlight the collaborative efforts driving our mission forward.

Together, we're shaping the future of mental health through digital innovation.

If you know anyone else who'd like to receive the newsletter please forward it to them and ask them to join our network for free using the links at the bottom of this email.

*Happy reading!* 

Contact us:

Joanne Boyle DMHIC Strategic Lead: [joanne.boyle@dhi-scotland.com](mailto:joanne.boyle@dhi-scotland.com)

Anna Whyte DMHIC Project Support Assistant: [anna.whyte@dhi-scotland.com](mailto:anna.whyte@dhi-scotland.com)

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### Innovators Q&A for Innovate UK Mindset 3 Funding

 Date: 15<sup>th</sup> October 2024, 13:00-14:30

 Location: Online Teams Session

For innovators interested in applying for up to £300k [Innovate UK Mindset 3 funding](#), Scotland's [Digital Mental Health Innovation Cluster](#) event will provide insights into funding eligibility, the application process, and how your XR (Extended Reality) initiatives can align with Innovate UK's goals for cutting-edge innovation to grow the UK economy.

We are hosting an interactive Q&A session tailored for Scottish organisations and those interested in working with Scottish innovators to develop XR solutions to support mental health. Jane Guest, Knowledge Exchange Manager & Mindset's Programme Support colleagues from [Health Innovation Network South London](#) (HIN) will be attending to answer your questions and offer guidance on leveraging this funding to accelerate your XR innovation. Whether you're working in mental health VR, AR, or mixed reality, our event will help you navigate the next steps toward securing funding and driving forward your visionary projects.

#### Key Highlights:

- Overview of Innovate UK's Mindset 3 funding opportunity
- Application process guidance from Scottish Enterprise Business Support Team
- Insights shared by previous funding winners
- Live Q&A with Jane Guest, IUK Lead and Jill Owens, HIN-South London
- Networking opportunities with fellow innovators to identify collaboration potential

#### Who Should Attend:

XR innovators, start ups, entrepreneurs, mental health experts, and researchers with a Scottish interest, looking to secure funding, meet potential collaboration partners and scale their innovations with Innovate UK's support. Please send any questions you may have in advance of the session by emailing: [anna.whyte@dhi-scotland.com](mailto:anna.whyte@dhi-scotland.com)

**Register for IUK Mindset: Innovators Q&A**

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### **IUK Mindset XR Innovation Support Programme**

The Mindset-XR Innovation Support Programme, funded by Innovate UK and run by [Health Innovation Network](#) (HIN) South London, is designed to support this mission. By bringing together organisations, experts, and innovators, the programme aims to accelerate the development of the UK's burgeoning immersive digital mental health sector. Through shared learning and collaboration, we can drive forward the next wave of mental health innovation.

Please contact [jane.guest@iuk.ukri.org](mailto:jane.guest@iuk.ukri.org) if you are interested in applying for R3 and would like to further discuss.

Learn more: [MINDSET - UKRI.org](https://www.ukri.org/programmes/mindset)

In the spirit of collaboration and to support the emerging XR for the mental health ecosystem, we encourage you to share this information with interested colleagues and networks.



### Mindset R&D Competition 3: Industrial Research

The aim of this competition is to enable improved delivery of mental health and wellbeing services, through the application of immersive technologies.

Launch	Fund	Project duration	Project Start	Total project eligible costs	Research stage - industrial research	Design and Scope	Grant funding for eligible project costs
28 Oct 24	£3.7M	12 – 18 months	1 July 25 (updated)	Up to £300K	Planned R&D to gain new knowledge and skills for innovation development leading to an improvement in existing services/ solutions	<ul style="list-style-type: none"><li>• Innovation of a digital mental health therapeutic through the application of Extended Reality (XR) which includes creative technologies - virtual reality, networked technologies, augmented reality, mixed reality, haptics, immersive software, immersive audio, holograms.</li><li>• Solutions for those living with moderate and severe mental health illness. Specifically, XR interventions that positively improve the impairment, dysfunction and/or distress experienced by those living with mental health difficulties at any point in their life course. Particularly where it has an impact on education, employment and daily life for individuals, families and communities.</li></ul>	<ul style="list-style-type: none"><li>• Up to 70%: small orgs</li><li>• Up to 60%: medium-sized orgs</li><li>• Up to 50%: large orgs</li></ul> <p>Note:</p> <ul style="list-style-type: none"><li>• Funding is paid quarterly in arrears (so also need to show you have cashflow for the first 3 months of the project in your bank account)</li><li>• All lead orgs need to be UK based</li><li>• Orgs can be businesses or RTOs, but if an RTO must be an RTO it must collaborate with 2 businesses (one SME, and one business of any size).</li></ul>

**IMPORTANT: Subject to change, as still developing the brief and consulting with relevant stakeholders**  
Check online at [innovation-funding-service.gov.uk](https://innovation-funding-service.gov.uk) for final scope + Mindset – XR ISP newsletter

## eMHIC Annual Digital Mental Health

### International Congress 2024

We virtually attended the two-day annual [eMHIC Congress](#) this month and we were inspired by the theme, “Digital Building Capacity: 24/7 Mental Health Support for All.” This year’s event underscored the transformative impact of digital health technologies on mental health, highlighting their potential to reshape the future of care and address the growing global burden of mental health disorders.

Throughout the conference, we explored the seven key focus areas that drive capacity building in mental health:

- Expanding Access to Mental Health Services
- Capacity Building for Mental Health Professionals and the Wider System of Care
- Reducing Stigma
- Personalized and Data-Driven Care
- Community and Peer Support
- Early Intervention and Prevention

- Global Reach and Equity

The conference really emphasised the message that there will be no compromises in the mental healthcare of tomorrow. Achieving 24/7 mental health support for all is not just a goal: it is within our grasp. Now is the time for us to collaborate with our international colleagues and shape the new digital mental health ecosystem with precision and purpose!

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## ETHEL: Digital mental Health Large Scale-Up Webinar

 Date: 03 October 2024, 14:30-16:00 BST

 Location: Online Webinar

EHTEL invites you to explore how **digital mental health** is being **implemented** and **scaled-up** in different countries in Europe. Together, we will discuss **barriers and facilitators** to implementation, based on national/regional strategies.

The [Digital Health Uptake](#) (DHU) project aims to bridge the gap between virtual and physical health and care tools by coordinating activities between health **stakeholders** so as to integrate **digital solutions along the continuum of health and care**. The result of this session will inform the **Digital Health Uptake policy brief** on digital mental health.

Register for [ETHEL: Digital Mental Health Large Scale-Up Webinar](#)



The banner is split into two main color sections: a blue left side and a yellow right side. On the blue side, the text reads 'Change Management & Capacity-Building track' at the top, followed by 'Policy brief: Digital mental health large scale-up' in a larger font. Below this, it says '3 October 2024' and 'Online' with corresponding icons. At the bottom left is the 'Digital Health Uptake' logo. On the yellow side, there is a large illustration of a hand holding a smartphone. The screen of the phone shows a stylized brain with green leaves and orange flowers growing from it. In the top right corner of the yellow section, there is a blue box with the hashtag '#Imagining2029'. At the bottom right is the 'EHTEL' logo with the tagline 'Celebrating Digital Health and Care in Europe'.

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[You might have missed...](#)

## **'Using digital technology to reduce drug-related harms: a targeted service users' perspective of the Digital Lifelines Scotland programme'**

This paper offers a unique perspective on the experiences of service users in the Digital Lifeline Scheme (DLS). Participants expressed a strong desire for personal growth and a shared sense of responsibility towards both themselves and their digital devices. The findings highlight digital inclusion as a pathway for service users to access services and engage with society safely and effectively, improving outcomes. This paper lays the groundwork for further exploring the valuable insights of service users in the realm of digital solutions.

Read the full report by clicking the button below:

[Read 'Using digital technology to reduce drug-related harms: a targeted service users' perspective of the Digital Lifelines Scotland programme'](#)

## **News Article**

### **'Digital exclusion affecting thousands in Scotland'**

Digital exclusion is rising in Scotland, with Citizens Advice Scotland reporting a 60% increase in people lacking digital skills since 2022. This digital gap affects individuals from all walks of life, hindering access to jobs, benefits, and essential services while also contributing to social isolation and poor mental health. Despite initiatives like the Connecting Scotland program, the issue persists, highlighting the need for more accessible digital skills training and offline service options.

Read the full article and more about the challenges and what's being done to address them by clicking the button below:

[Read 'Digital exclusion affecting thousands in Scotland' Article](#)

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## **Connect with us on**

LinkedIn!

We post daily with the latest news, journal articles and upcoming events that we think will interest our network across all sectors!

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## DMHIC resources

We host a number of DMHIC resources on our website, including **video recordings** of events (where possible), copies of **speaker presentations**, and any other relevant resources that you may wish to view on demand.

[Browse our resources and videos](#)

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Thanks for reading and for being part of our network!

Stay tuned for more exciting updates and until next month, take care

Best wishes,

*Joanne & Anna*

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 [Visit the DMHIC webpage](#)

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### Contact Us

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