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Welcome to the latest edition of the Digital Mental Health Innovation Cluster (DMHIC)

Hello,

e-newsletter.

Take a moment to explore the latest news, events, and insights shaping digital mental health in Scotland.

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- Happy reading!

Latest News

DMHIC Member Spotlight - WYSA

WYSA is an Al-powered mental health and wellbeing tool designed to provide young

Expanding Access to Mental Health Support for Young People with WYSA

Northwest Lothian and Fife aimed to scale this support at a population level, offering clinically developed digital tools and Al-guided listening models to help users navigate relevant resources and identify when more intensive support or referral to local services may be needed. Key Outcomes from the Trial:

942 young people downloaded the WYSA app to access support.

people with immediate, accessible support whenever they need it. A recent trial in

94% of users engaged with the app multiple times, and 80% completed six

mental health services.

- or more sessions.
- The most used tools focused on managing sleep, stress, and anxiety. Peak usage occurred late at night and early in the morning, highlighting the

The app saw strong engagement from across age groups, with highest

- demand for support outside traditional service hours.
- usage among 11–15-year-olds, and a relatively even gender distribution. Two young people were supported through the app to access external
- Eighteen users who had initiated referrals to children's mental health
- services later felt they no longer needed them after engaging with WYSA. The intervention led to an estimated cost saving of £180 per child in preventative care, and £700 per young person where referrals were ultimately
- avoided. As the trial concludes, plans are underway to collaborate with NHS Scotland to scale this success and roll out WYSA Navigate, a new Al-assisted signposting and referral

platform for professionals, parents, and young people across Scotland.

Neurodevelopmental Roundtable Discussion

Learn more

DMHIC Contributes to National Conversation on Neurodevelopmental Services

As part of its ongoing work in mapping services for adults with ADHD, the Digital Mental Health Innovation Cluster (DMHIC) was invited to present at a virtual roundtable discussion on 15 May, hosted by the Scottish Government's Mental

Health Directorate. The event focused on the actions needed to improve access to

neurodevelopmental assessments across Scotland. DMHIC shared insights from its recent service mapping work, outlined current initiatives, and contributed to a collaborative discussion aimed at shaping a shared vision for future service development.

contributions from: National Autism Implementation Team (<u>NAIT</u>) Royal College of Psychiatrists (RCPsych) NHS Education for Scotland (NES)

• Dr Donald McIntyre, Director of the NHS Research Scotland (NRS) Mental

The event brought together leading voices in neurodevelopmental care, with

Health Network This collaborative approach marks an important step toward a more cohesive and

- accessible neurodevelopmental pathway for individuals across Scotland.
- Mindset-XR Innovation Support Programme Workshop

The DMHIC were thrilled to attend the Mindset-XR Innovation Support Programme one-day workshop in London on the 13 May 2025, bringing together programme partners from across the UK to reflect on the impact of the programme's first year and explore opportunities to enhance its effectiveness through to March 2027.

The event welcomed programme partners from a range of leading organisations, including:

 Innovate UK MQ Mental Health Research Health Innovation Southwest

Health Innovation Research Alliance Northern Ireland

Health Innovation Northwest Coast

 Health Innovation Network South London Digital Health and Care Innovation Centre Health Innovation Northeast North Cumbria

- The workshop featured an interactive session structured around a "compass" framework (N = Needs, E = Excitements, S = Suggestions, W = Worries), where partners shared insights and perspectives aligned with each direction.
- In the second half of the session, discussions turned toward defining what excellence looks like across the programme's four key pillars: Scale, Share, Stimulate, and Support. These conversations provided valuable input on

experience.

Hardian Health

XR Health Alliance

strengthening collaboration and impact across the extended timeline of the programme.

momentum and meaningful outcomes.

DMHIC Meaningful Connections

Connecting Globally: DMHIC Meets with New Zealand Telehealth Leader

While in London for the Mindset-XR Innovation Support Programme workshop, the

The Mindset-XR team at HIN South London will now review all contributions and integrate the shared insights into the evolving programme plan to ensure continued

Digital Mental Health Innovation Cluster (DMHIC) took the opportunity to connect with Brian O'Connell, Chief Operating Officer at Whakarongorau Aotearoa – New Zealand Telehealth Services. Brian is currently undertaking a study visit across the UK, exploring digital service

delivery models and innovations from all four nations. His goal is to inform the

New Zealand—while also sharing valuable lessons from their own national

development of future telehealth strategies and a digital innovation roadmap back in

Whakarongorau delivers a range of critical telehealth services across New Zealand, including multiple national mental health and addictions helplines, as well as services supporting those affected by family violence and sexual harm. The meeting provided a fantastic opportunity to exchange knowledge, explore shared challenges, and discuss how both countries can continue to innovate in digital mental health care on a global scale.

Learn More

NIHR Funding: Novel Non-Pharmacological ADHD Approaches The MRC-NIHR Efficacy and Mechanism Evaluation (EME) Programme is seeking

studies to enhance future research methodology.

Application Deadline: August 5, 2025, at 1:00 PM

Apply for funding

applications to assess innovative, non-pharmacological methods for diagnosing and treating ADHD in children and adults. This opportunity also supports SWAT/SWAR

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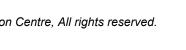






Scottish Government Riaghaltas na h-Alba





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because you have subscribed to our e-newsletter and/ or joined our network.