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## Hello,

Welcome to the latest edition of the Digital Mental Health Innovation Cluster (DMHIC) e-newsletter.

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

### In this edition:

- DMHIC Member Spotlight - WYSA
- Neurodevelopmental Roundtable Discussion
- Mindset-XR Innovation Support Programme Workshop
- DMHIC Meaningful Connections
- NIHR Funding: Novel Non-Pharmacological ADHD Approaches

Happy reading!

## Latest News

### DMHIC Member Spotlight - WYSA

#### Expanding Access to Mental Health Support for Young People with WYSA

WYSA is an AI-powered mental health and wellbeing tool designed to provide young people with immediate, accessible support whenever they need it. A recent trial in Northwest Lothian and Fife aimed to scale this support at a population level, offering clinically developed digital tools and AI-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.
- 94% of users engaged with the app multiple times, and 80% completed six 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 demand for support outside traditional service hours.
- The app saw strong engagement from across age groups, with highest usage among 11–15-year-olds, and a relatively even gender distribution.
- Two young people were supported through the app to access external mental health services.
- 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 AI-assisted signposting and referral platform for professionals, parents, and young people across Scotland.

[Learn more](#)

### Neurodevelopmental Roundtable Discussion

#### 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.

The event brought together leading voices in neurodevelopmental care, with contributions from:

- National Autism Implementation Team ([NAIT](#))
- Royal College of Psychiatrists ([RCPsych](#))
- NHS Education for Scotland ([NES](#))
- Dr Donald McIntyre, Director of the NHS Research Scotland ([NRS](#)) Mental 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:

- Health Innovation Network South London
- Digital Health and Care Innovation Centre
- Health Innovation Northeast North Cumbria
- Hardian Health
- Health Innovation Northwest Coast
- Innovate UK
- MQ Mental Health Research
- Health Innovation Southwest
- XR Health Alliance
- Health Innovation Research Alliance Northern Ireland

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

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 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 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 development of future telehealth strategies and a digital innovation roadmap back in New Zealand—while also sharing valuable lessons from their own national experience.

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

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

[Apply for funding](#)

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