phase space

Harnessing the power of VR to relieve stress and anxiety in 7 minutes.

Students at City University using Phase Space before exams
April 2024

Phase Space is an early intervention to improve the mental health of students and young people.

A viable, scalable solution using virtual reality to deliver evidence-based, effective, effortless relief from stress and anxiety in 7 minutes.

Relieve

First aid content providing instant relief from acute anxiety and specific conditions

Prevent

Building coping skills to manage stressful situations and life events

Perform

Increasing confidence and motivation to help young people reach their potential

phase space

Faster, easier
stress reduction

Our Mindset Journey
From MVP to RCT and in-market pilots in 9 months

May 2023

Phase Space receives Innovate UK funding for further R&D

June - September 2023

Design research and usability testing at St George's, University of London (SGUL)

34 participants
3 rounds of user testing, feedback and iteration
6 new content modules created

November 2023

Randomised controlled trial conducted with SGUL

100 participants
Preliminary results announced

November 23 - January 2024

Pilots/evaluations in-market with customers

200+ participants across schools, universities, workplaces and healthcare
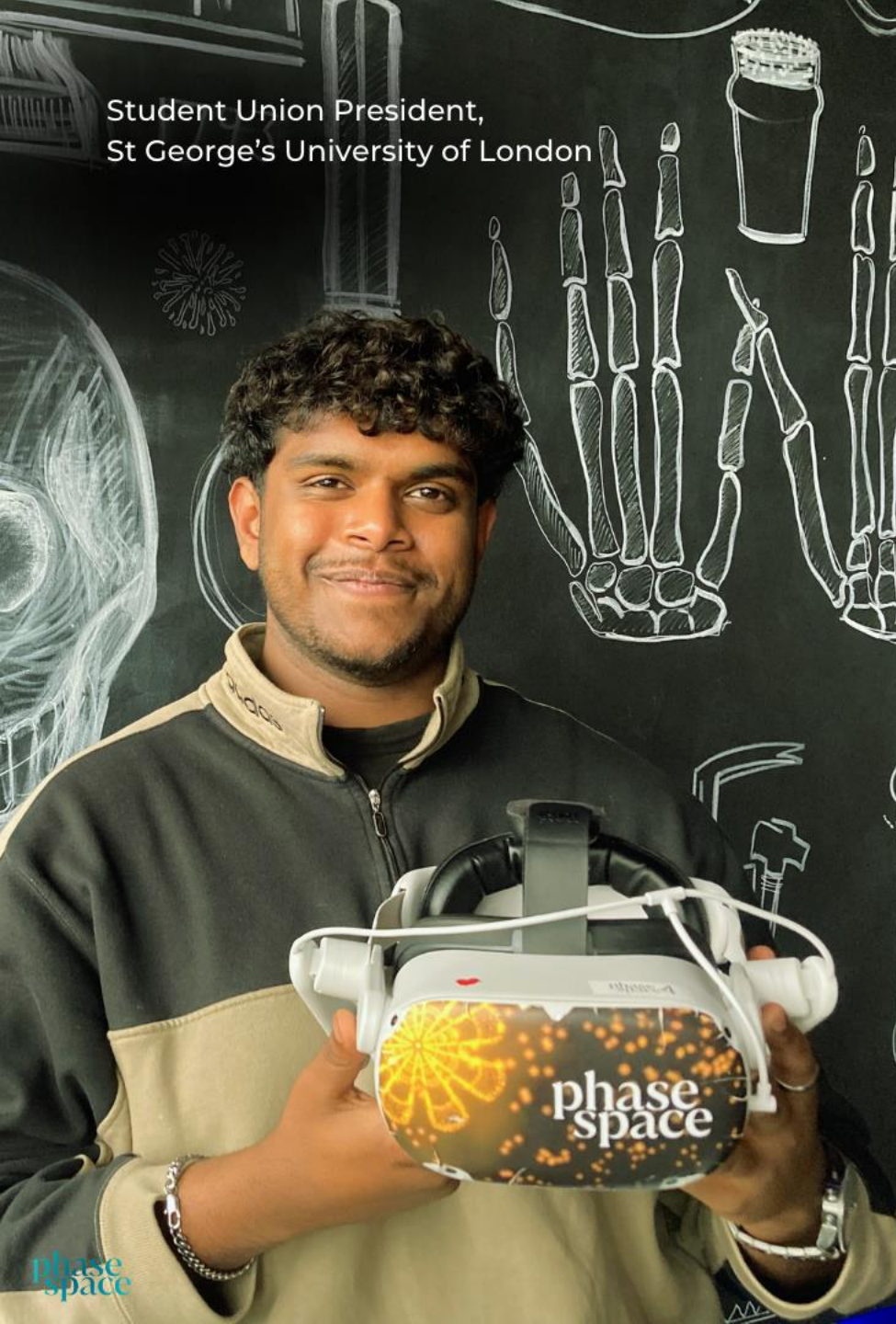
February - June 2024

500+ participants have trialled Phase Space.

Early access programme launched June '24 with customers at schools, universities and workplaces

← **Mindset Project Duration** →

phase space

Creating opportunities to learn from users and build our evidence base at every stage

- **Clinical evidence**
  - Formal trials and evaluations
  - Identifying pathways and points of intervention
  - Regulatory compliance

- **UX research**
  - Co-designed with target audience
  - Real world data to support design decisions

- **Commercial viability**
  - Pricing, business model and commercial strategy
  - Adoption and implementation challenges
  - Cost benefit and ROI

What's next?

A trailblazing new product, platform and model for immersive mental health

Our early access partner programme is live

Evolving relationships, deeper collaboration

New content, new platforms, new pipelines

phase space

phase
space

Contact us:
katie@phasespace.co.uk
zillah@phasespace.co.uk
www.phasespace.co.uk