Horizon scan – Mental health digital technologies for children and young people

Prepared by the Health Innovation Network-South London.
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1. Introduction and scope

Introduction

The horizon scan provides a rapid review of digital mental health technologies that support self-management and/or blended (clinician led) digital delivery of care for individuals aged 5–25 years. The scan focuses on identifying mature, evidence-based solutions, such as apps and online platforms, that are ready for deployment and meet relevant regulatory and assurance standards.

Scope

The scan prioritises digital platforms, such as apps and online platforms that address:

- **Anxiety:**
    - Products using integrated Cognitive Behavioural Therapy (CBT).
    - Preventive solutions not based on CBT.

- **Self-Harm:**
    - Innovations using CBT-informed or blended therapeutic approaches.

- **Eating Disorders:**
    - While currently a small and emerging area within the digital mental health landscape, products targeting eating disorders are included and identified as CBT-informed where applicable.

Parameters:

- **Target Audience:** Young people aged 5–25.

- **Readiness:** Only solutions fully deployed or ready for deployment.

- **Compliance:** Must meet, or be close to meeting, UK regulatory and assurance standards.

- **Geography:** UK-only use

- **Exclusions:**
    - Products for parents.
    - Feasibility studies or pilots.
    - Unregulated applications.

Each solution reviewed includes a product description, evidence of regulatory compliance, supporting research or user data, and case studies where available.

2. Methodology and limitations

Methodology

The horizon scan aimed to gather information about the current landscape of digital mental health technologies for children and young people. Multiple publicly available sources were consulted. External websites included but were not limited to:

- **Dimensions:** A freely available collection of linked research data, including manuscripts, datasets, and author information. A search was conducted using the terms "mental health" AND "Children and Young people" AND "technology" OR "digital".

- **Microsoft Copilot:** An AI Chatbot can assist in conducting a horizon scan for digital health companies by automating research on emerging technologies and market trends. It can analyse data from industry reports, academic papers, and public databases to identify key innovations in the UK health and social care sector. The following prompt was used to start the search: "scan for recent digital mental health innovations for children and young people in the UK, including apps, AI tools".

- **UK Research and Innovations:** UKRI has a public repository of funding information from previous competitions, including company name and award holders. "Mental health" and "children and young people" were used as the search terms.

- **ORCHA:** Organisation for the Review of Care and Health Apps is an organisation that evaluates and accredits digital health technologies to ensure safety and effectiveness.

Data collection framework

For this rapid review, information was collected under the following headings from publicly available sources:

- **Company name**
- **Product name**
- **Focus area:**
  - Anxiety
  - Self harm
  - Eating disorder
  - All focus areas
- **Regulatory compliance**
- **Target age group**
- **Inclusion of exclusion of CBT?**
- **Type of innovation:**
  - App
  - Web-based Platform
  - Game
  - AI Chatbot
  - Online Support Groups
  - Virtual Reality,
  - Text Line

- **Place in care pathway**
- **Access route:**
  - Self-management and/or
  - Prescription or commission via a health care profession prescriptions
- **Cost and pricing**
- **Evidence to date**
- **Case studies**
- **Spread (according to company website and news publications):**
  - Pilot / early stage
  - Growing adoption
  - Wider implementation
- **Company address, number of employees and funding stage**
- **Type of organisation**
  - Non-profit
  - For profit

Limitations

- The scan does not provide an exhaustive list of products. Given the dynamic nature of the market, there might be companies that are not captured in the scan, especially if they are at an earlier stage of development.
- The scan relied on publicly available information, which might lead to some inaccuracies on the collected information, for example, regarding benefits realised.
- Information might not be complete in some cases. For example, there might not be published case studies, or information on all implementation sites.
- The HIN does not endorse any of the commercial products identified.

3. Results

Overview of results

In this review, **39** digital mental health innovations for children and young people were identified. For each of the focus areas, the following number of technologies were identified:

Focus Areas	Number of Innovations
Anxiety	21
Anxiety and self harm	5
Self harm	4
Eating disorders	5
All focus areas	4

Key findings (1/5)

- **Focus area:**

The most frequently addressed mental health issue is anxiety (55%). Other focus areas include self-harm (10%), eating disorders (13%) and more general support needs, with several tools categorised under "All" (10%) to indicate broad applicability. This distribution highlights a dominant focus on managing anxiety among children and young people.

Breakdown of Innovations by Focus Area
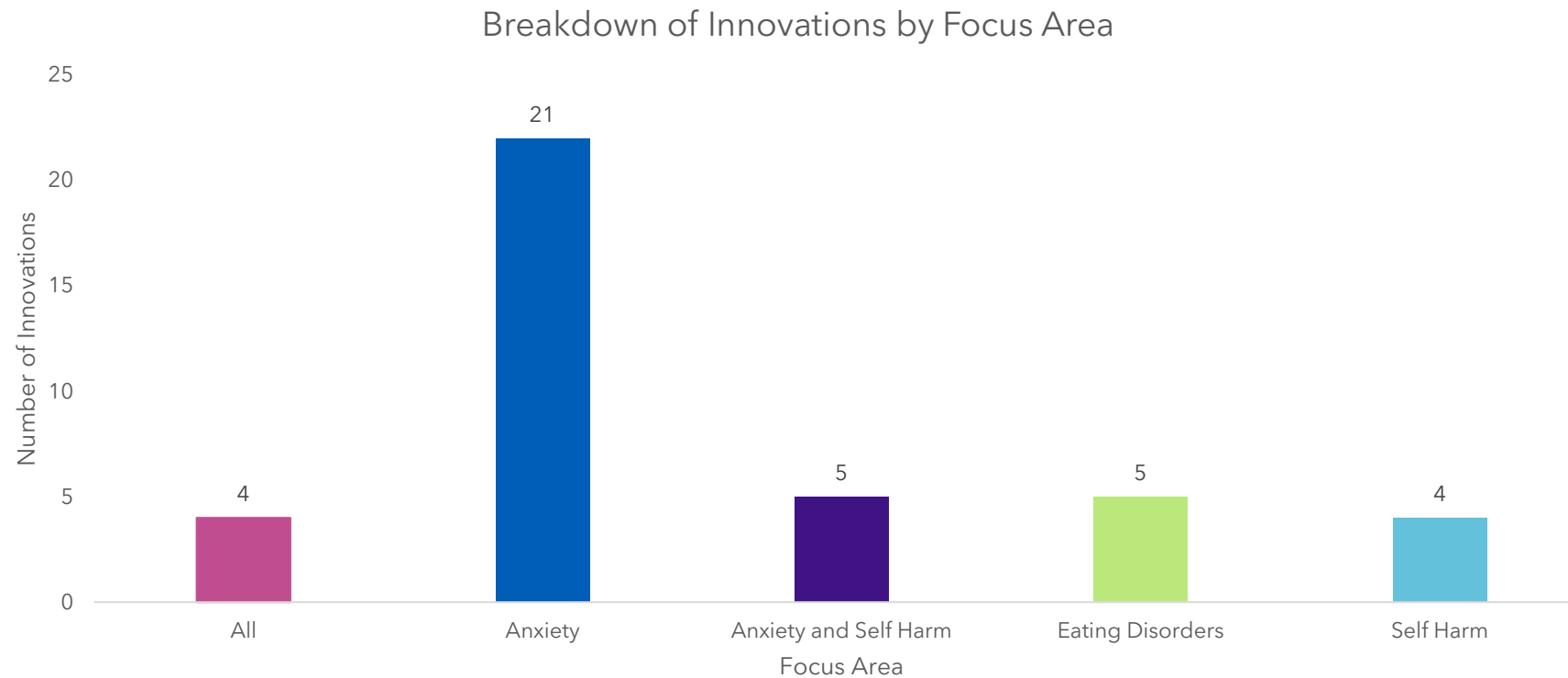
Key findings (2/5)

- **Target age group:**

The target age groups vary considerably, with 27 unique entries across the dataset. The most commonly cited specific group is "16 and over", appearing in 5 tools (13%). Broader categories such as "any age", "11 to 25", and "11 to 18" are also common. This variation suggests flexible age targeting.

- **Use of CBT (Cognitive Behavioural Therapy):**

A total of 28 out of 39 tools (70%) report incorporating CBT, while 11 tools (30%) do not. This shows a strong reliance on CBT as a therapeutic foundation, reaffirming its status as a widely accepted and evidence-based approach in digital mental health interventions for young people.

Number of Innovations that use CBT
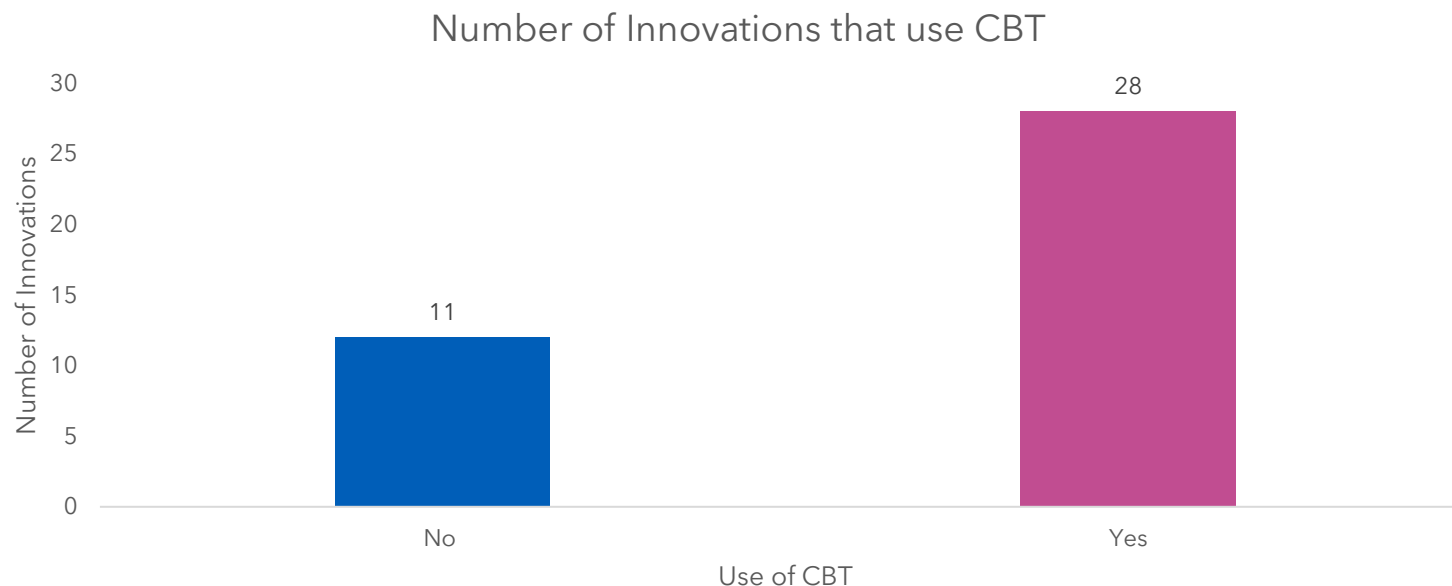
Key findings (3/5)

- **Type of innovation**

The most common innovation type is mobile apps, accounting for 22 out of 39 entries (56%). Other types include web-based platforms, games, text services, and AI chatbots. This strong representation of app-based tools reflects a clear focus on mobile accessibility and engagement with young people's preferred digital habits.

Number of Different Innovations
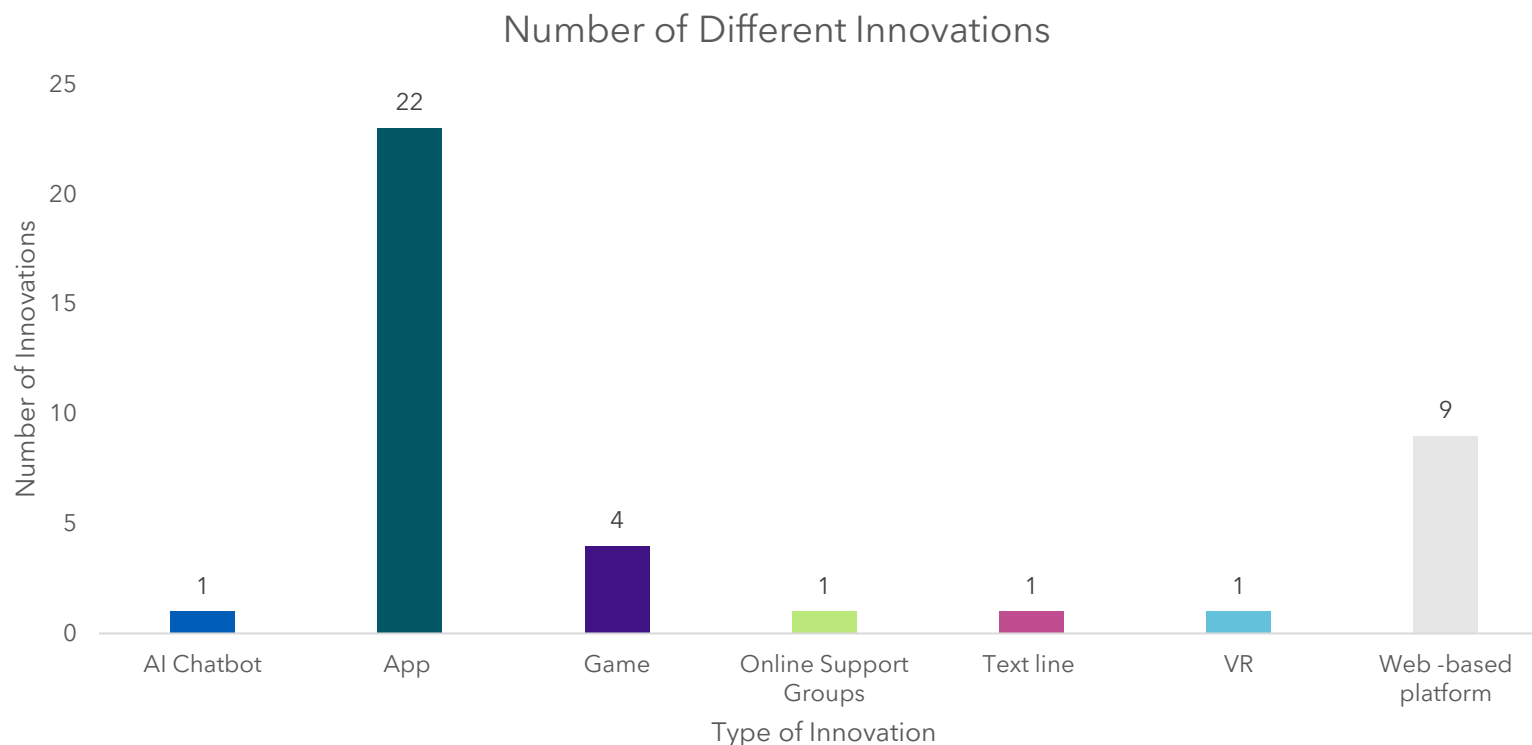
Key findings (4/5)

- **Access route:**

Most tools are designed for self-management, to be used independently by the young person, which is the case for 21 out of 39 tools with recorded access information (55%). Others are accessible via healthcare professionals (HCPs) or allow for either access route, suggesting a mixed approach that blends user autonomy with clinical integration.

Access Route
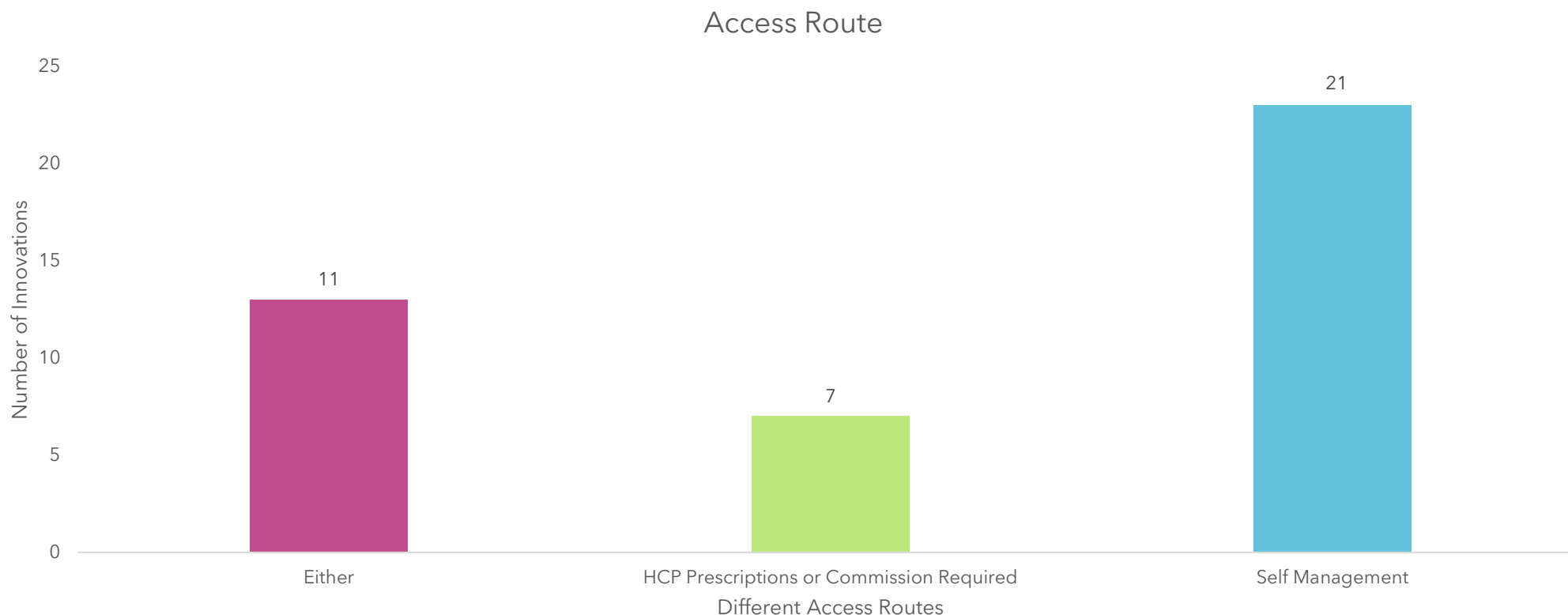
Key findings (5/5)

- **<u>Regulatory compliance</u>**:
Regulatory compliance is uneven across the dataset. 17 out of 39 tools (45%) reported no identifiable regulatory status, while the remainder reference frameworks such as GDPR, DCB0129, or NHS affiliation. This variation highlights the need for greater consistency and transparency in how digital mental health tools meet regulatory standards.

- **<u>Place in pathway:</u>**
There is considerable variability in how innovations describe their role in the care pathway, with 34 unique responses across 39 tools. Most position themselves as supplementary or immediate support tools, rather than replacements for existing services. This suggests that digital innovations are largely being used to complement traditional care rather than disrupt or replace it.
  - *Self-managed tools:* 5 tools (13%) are designed for users to access independently, without clinical involvement or integration into services. They require no referral or rollout processes which can offer a low-barrier access model. While spread of data is unavailable, this delivery mode may enable organic use at scale.

- **<u>Spread of innovations:</u>**
The spread of digital mental health tools varies significantly:
  - Wider adoption
    - 21 out of 39 tools (54%) are reported to have been deployed in more than five locations or contexts, indicating a strong level of scalability and uptake.
  - Pilot / early stage:
    - 9 tools (23%) are still in the pilot phase, suggesting they are in early testing or initial implementation stages.
  - Growing adoption:
    - 3 tools (8%) have had limited rollout, with deployment in five or fewer settings, potentially reflecting early-stage development or limited reach.

4. List of technologies

Overview

Anxiety

Self harm
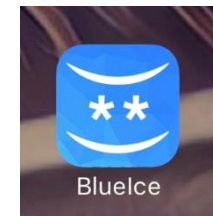
Anxiety and self harm

Eating disorders

4.1.1 Innovations for anxiety

🌐 Web-based, with CBT

Acacium Group

Brief description:
Digital talking therapies that are fully integrated with local services as a delivery partner. Full visibility of records in a non-clinical language for children, young people and their families allowing flexibility to book own appointments. Supports neuro diversity. Captures routine outcome measures for every intervention, allowing consistent reporting on outcomes. Interoperable with SystemOne.

Product name	**Xyla**
Type of innovation	Web-based platform
Target age group	5-25
Website	https://xylaservices.com/our-services/mental-health-support/cyp-remote/
Cost details	Freemium / Free if referred by theNHS
Type of organisation	For profit
Funding stage	Corporate minority round

Acacium Group

Deployment and access:

Deployment / spread	Wider implementation
Access route	HCP prescriptions or commission required
Place in pathway	Supplementary support and or for continuous monitoring

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Registered medical device DCB0129
Evidence base / case studies	East London NHS Foundation Trust initially commissioned Xyla to help quickly clear a waiting list in just one of their services. However, after seeing such positive results, ELFT embedded Xyla into their core pathway, extending its offering to the other wellbeing and talking therapies services. Southwark IAPT provides evidence-based talking therapies for patients experiencing common mental health issues such as anxiety, depression, stress, panic attacks, obsessions and post-traumatic stress disorder.

Happify

happify

Brief description:
Happify Health is a digital therapeutics company that provides evidence-based solutions to improve mental and physical health. Their platform combines positive psychology, cognitive behavioural therapy (CBT) and mindfulness to help users manage stress, anxiety, and depression

Product name	Happify
Type of innovation	Web-based platform
Target age group	13 and over
Website	https://happify.com/public/about/
Cost details	Subscription
Type of organisation	For profit
Funding stage	Series D

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Happify

happify

Deployment and access:

Deployment / spread	Self-managed only
Access route	Self-management
Place in pathway	Supplementary tool to traditional therapy and counselling services

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Happify Health's digital therapeutics are FDA-cleared and comply with relevant regulations for digital health solutions
Evidence base / case studies	Information not publicly available

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No Panic

Brief description:
A UK based charity supporting anyone with anxiety, panic attacks, Obsessive Compulsive Disorder including through a helpline and webchat support. Solutions include a website, online CBT and online support group.

Product name	Youth Recovery Programme
Type of innovation	Web-based platform
Target age group	21 and under
Website	https://nopanic.org.uk/
Cost details	Freemium
Type of organisation	Non-profit
Funding stage	Information not available

No Panic

Deployment and access:

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	Complimentary to other treatment plans

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	NHS 111 Wales, Coventry and Warwickshire Partnership NHS Trust

Oxford University

Brief description:
Online Social anxiety Cognitive therapy for Adolescents (OSCA) is for young people aged 14 to 18 with social anxiety. All users receive a core set of modules to work through at the beginning of the programme, which are then individualised for each user.

Product name	OSCA
Type of innovation	Web-based platform
Target age group	14 -18
Website	https://www.oxfordhealth.nhs.uk/camhs/oxon/osca/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

Oxford University

Deployment and access:

Deployment / spread	Pilot / early stage
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Reduce the frequency, length and number of admissions to inpatient care

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Identified by NICE as promising product.
Evidence base / case studies	Bath and North East Somerset, Buckinghamshire. Oxfordshire, Swindon https://www.psy.ox.ac.uk/publications/1061397

Oxford University

Brief description:
Online Support and Intervention for Child Anxiety (OSI) is an online, therapist-supported platform to support the delivery of a parent-led intervention for child anxiety problems. It was developed by experts in treating childhood anxiety problems at the Universities of Reading and Oxford with funding from the National Institute for Health and Care Research (NIHR).

Product name	OSI
Type of innovation	Web-based platform
Target age group	5-12
Website	https://osiresearch.org.uk/osi/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

Oxford University

Deployment and access:

Deployment / spread	Pilot / early stage
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Reduce the frequency, length and number of admissions to inpatient care

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Identified by NICE as promising product.
Evidence base / case studies	

4.1.2 Innovations for anxiety

📱 App-based, with CBT

Berkshire NHS Foundation Trust

Mood Diary

NHS
Berkshire Healthcare
NHS Foundation Trust

Brief description:
Built by total mobile to integrate with Rio Electronic Patient Record System. Allows young people to record how they are feeling in an app so there is a historical record which can be used by the patient or HCP. Allows young people to create a safety plan so they do not need to carry around notes. Also allows young people to access emergency contacts and online support services. Integrated with EPR so notes are all up to date.

Product name	Mood Diary
Type of innovation	App
Target age group	All ages
Website	https://www.berkshirehealthcare.nhs.uk/about-us/transformation-and-innovation-in-healthcare/digital-transformation/mood-diary/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

Berkshire NHS Foundation Trust

Deployment and access:

Deployment / spread	Growing adoption
Access route	HCP prescriptions or commission required
Place in pathway	Must be onboarded by an HCP

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Medical Device 1 or 2, DTAC
Evidence base / ase studies	Berkshire NHS Foundation Trust

Calm

Brief description:
Calm is a meditation, sleep, and relaxation app designed to help users manage stress, anxiety, and improve sleep. It offers a variety of content including guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music

Product name	**Calm**
Type of innovation	App
Target age group	16 and over
Website	https://www.calm.com/
Cost details	Subscription
Type of organisation	For profit
Funding stage	Series C

Calm

Deployment and access:

Deployment / spread	Self managed only
Access route	Self management
Place in pathway	Usually independent of care pathways

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	GDPR for users in the European Economic Area, Switzerland, and the UK. It also adheres to HIPAA standards for its Calm Health app
Evidence base / case studies	Information not publicly available

Headspace

Brief description:
Headspace Care for Teens is an initiative by Headspace that provides free access to their mindfulness and meditation app for teenagers. It aims to help teens build daily mindfulness routines to improve their mental health and well-being

Product name	**Headspace Care for Teens**
Type of innovation	App
Target age group	13 - 18
Website	https://www.headspace.com/
Cost details	Subscription
Type of organisation	For profit
Funding stage	Debt financing round 2023

Headspace

Deployment and access:

Deployment / spread	Self managed Only
Access route	Self management
Place in pathway	Self help rather than specifically in a pathway

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Improvements in Stress, Affect, and Irritability Following Brief Use of a Mindfulness-based Smartphone App: A Randomized Controlled Trial

Minddistrict

minddistrict

Brief description:
Minddistrict offers a range of digital mental health solutions specifically designed for children and young people. Their platform includes online modules that address various issues such as depression, social anxiety, emotional regulation, and coping with grief. These interventions can be either fully guided by a therapist or used as self-help tools that young people can complete at their own pace

Product name	**MindReSolve**
Type of innovation	App
Target age group	15-24
Website	https://www.minddistrict.com/organisations/universities
Cost details	Subscription
Type of organisation	For profit
Funding stage	Grants

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Minddistrict

Deployment and access:

Deployment / spread	Pilot / early stage
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Particularly useful as a transdiagnostic approach for clients with co-morbid anxiety and depression. The principles of the intervention are relevant to all age groups – however the specific examples and scenarios used are for young adults. It is therefore suitable for use by young people being seen by mental health services, within school or university wellbeing services, or by young people seeking a useful intervention to improve wellbeing

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	ISO 27011:2022 certified, CE medical device class 1
Evidence base / case studies	University of Exeter - brand new, rumination-focused cognitive behavioural therapy called MindReSolve, a proven, evidence-based digital intervention for reducing worry, rumination, stress, anxiety and depression in young people - https://news-archive.exeter.ac.uk/2020/may/title_797689_en.html

Mindful Powers

Brief description:
This app uses a series of interactive stories to teach children mindfulness and emotional regulation skills. It is designed to help kids manage stress and anxiety

Product name	**Mindful Powers**
Type of innovation	App
Target age group	7-10
Website	https://mindfulpowersforkids.com/
Cost details	Freemium
Type of organisation	For profit
Funding stage	Seed

Mindful Powers

Deployment and access:

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	Information not available

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Information not publicly available

Monsenso

Brief description:
Monsenso's digital health solution is designed to support individuals with mental health conditions by connecting them with clinicians through a comprehensive platform

Product name	**Monsenso**
Type of innovation	App
Target age group	17 and over
Website	https://www.monsenso.com/mhealth-mental-health/individuals/
Cost details	Free
Type of organisation	For profit
Funding stage	Series A

Monsenso

Deployment and access

Deployment / spread	Pilot / early stage
Access route	HCP prescriptions or commission required
Place in pathway	The platform is used for remote monitoring, early intervention, and ongoing treatment of various mental health conditions. It allows clinicians to track patients' symptoms and progress through real-time data collected via the app, which helps in personalising treatment plans

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	CE marked class 1, compliant with HIPAA, ISO 13485, and ISO 27001 standards
Evidence base / case studies	Preventing depression in young people: A study led by the University of Exeter found that a CBT-based app, part of Monsenso's platform, significantly prevented increases in depression among young people at high risk. This large-scale study, involving 3,700 participants across the UK, Germany, Belgium, and Spain, demonstrated the app's potential as a cost-effective public mental health measure.: https://news.exeter.ac.uk/faculty-of-health-and-life-sciences/mental-health-app-could-help-prevent-depression-in-young-people-at-high-risk/ Supporting Schizophrenia Treatment: The NHS Foundation Trust of Central Northwest London (CNWL) implemented Monsenso's mHealth solution to support young people with schizophrenia. This pilot aimed to reduce psychiatric readmissions and improve treatment by using the app to monitor patients' symptoms and provide early interventions: https://www.monsenso.com/nhs-implements-mhealth-solution-schizophrenia/

MoodWise

Brief description:
MoodWise is a digital health platform designed to support emotional well-being through mood tracking. It offers a minimalist mood tracker that helps users understand and improve their emotional health by logging daily moods, energy levels, sleep patterns, and anxiety levels

Product name	MoodWise
Type of innovation	App
Target age group	16 – 25
Website	https://www.mood-wise.co.uk/
Cost details	Freenium
Type of organisation	For profit
Funding stage	Information not available

MoodWise

Deployment and access

Deployment / spread	Self-managed only
Access route	Self management
Place in pathway	Self management

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Information not publicly available

My Possible Self

Brief description:
An app that aims to tackle anxiety, stress and unhelpful negative thinking, which is intended for age 17+ years

Product name	My Possible Self
Type of innovation	App
Target age group	17 and over
Website	https://www.mypossibleself.com/
Cost details	Free
Type of organisation	For profit
Funding stage	Information not available

My Possible Self

Deployment and access:

Deployment / spread	Growing adoption
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Part of a treatment plan or as a stand-alone self referral

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	NHS Highland: The app was used in a study to boost staff well-being during the COVID-19 pandemic, showing significant reductions in depression and anxiety2. - https://www.mypossibleself.com/blog/my-possible-self-used-in-university-of-the-highlands-and-islands-study-to-boost-nhs-highland-staff-wellbeing-during-pandemic/

Clear Fear by stem4

Brief description:
Provides a range of ways to manage anxiety

Product name	Clear Fear
Type of innovation	App
Target age group	11 – 19
Website	https://clearfear.stem4.org.uk/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

Clear Fear by stem4

Deployment and access:

Deployment / spread	Wider implementation
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Used in conjunction with professional mental health support

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Adheres to the age-appropriate design code and other relevant privacy and safeguarding policies
Evidence base / case studies	Hull and East Riding Community Care CAMHS lists Clear Fear as a resource for managing anxiety and panic attacks. Additionally, it is recommended by NHS resources like the London Waiting Room

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University of Liverpool

Brief description:
Catch It is a joint initiative from the Universities of Liverpool and Manchester and helps users better understand their moods through use of an ongoing mood diary. The app illustrates some of the key principles of psychological approaches to mental health and well-being, specifically cognitive behavioural therapy (CBT).

Product name	**Catch It**
Type of innovation	App
Target age group	12 and over
Website	https://www.liverpool.ac.uk/it/app-directory/catch-it/
Cost details	Free
Type of organisation	Non-Profit
Funding stage	Information not available

University of Liverpool

Deployment and access

Deployment / spread	Wider implementation
Access route	HCP prescriptions or commission required
Place in pathway	Prescribed as part of treatment plan

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Devon partnership - [Downloads and publications for Catch it - mobile app for anxiety and depression	DPT](#)

4.1.3 Innovations for anxiety

 App-based, no CBT

Coggi Technologies Limited

Brief Description:
Coggi is a digital health solution designed to promote psychological well-being and prevent mental health problems in children. It uses an augmented reality chameleon named Coggi to guide children through gamified exercises based on positive psychology

Product name	Coggi
Type of innovation	App
Target age group	4 and over
Website	https://www.coggi.co.uk/
Cost details	Free
Type of organisation	For Profit
Funding stage	Accelerator / incubator

Coggi Technologies Limited

Deployment and access:

Deployment / spread	Growing Adoption
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Coggi is designed to be used alongside NHS care, rather than as a replacement

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Coggi collaborated with Great Ormond Street Hospital's DRIVE Unit: https://www.coggi.co.uk/news/coggi-collaborates-with-great-ormond-street-hospitals-drive-unit

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4.1.4 Innovations for anxiety

🎮 Game-based, with CBT

BFB Labs

Brief description:
Lumi Nova is identified as a promising product within the NICE Early Value Assessment (EVA) HTE3. It is designed to help children aged 7-12 manage anxiety through an engaging mobile game. It combines exposure therapy and psychoeducation to provide evidence-based support

Product name	**Lumi Nova**
Type of innovation	Game
Target age group	7 to 12
Website	https://www.bfb-labs.com/luminova
Cost details	Free
Type of organisation	For profit
Funding stage	Accelerator / incubator

BFB Labs

Deployment and access:

Deployment / spread	Wider implementation
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Accessible through NHS children and young people's mental health services, schools, and local authorities

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Part of NICE EVA HTE3, CE marked as a Class 1 Medical Device and is registered with the UK's Medicines and Healthcare Products Regulatory Agency (MHRA). It complies with NHS standards for clinical risk management (DCB0129), NHS Digital Technologies Assessment Criteria (DTAC), and the NHS Data Security and Protection (DSP) Toolkit
Evidence base / case studies	https://www.bfb-labs.com/luminova Gloucestershire Healthy Living & Learning (GHLL) and NHS Gloucestershire Integrated Care Board (ICB)

PsycApps

Brief description:
The app supports the development of coping skills through adventure games. A significant portion is available for free, allowing users to explore its features before opting for paid content. Designed by psychologists.

Product name	**eQuoo**
Type of innovation	Game
Target age group	12 and over
Website	https://psycapps.com/equoo/
Cost details	Freemium
Type of organisation	For profit
Funding stage	Seed

PsycApps

Deployment and access:

Deployment / spread	Wider implementation
Access route	HCP prescriptions or commission required
Place in pathway	Used as part of a treatment plan

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Approved by the British Psychological Society and ORCHA
Evidence base / case studies	Information not publicly available

4.1.5 Innovations for anxiety

🎮 Game-based, no CBT

Apart of Me

Brief description:
Apart of Me is a UK-based charity dedicated to supporting children, young people, and parents through grief and trauma. Their mission is to help young people navigate their darkest moments and prevent mental health problems that can arise from grief. Apart of Me offers a therapeutic game designed to help young people cope with grief. The game translates bereavement-counselling techniques into a magical 3D world.

Product name	**Apart of Me**
Type of innovation	Game
Target age group	11 - 18
Website	https://www.apartofme.org/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

Apart of Me

Deployment and access:

Deployment / spread	Pilot / early stage
Access route	Self management
Place in pathway	Supplementary support

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case Studies	Featured on the NHS Waiting Room website - https://londonwaitingroom.nhs.uk/apart-me

Chill Panda Tech Private Ltd
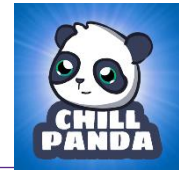
Brief Description:
Helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercise, and calming games.

Product name	Chill Panda
Type of innovation	Game
Target age group	Any
Website	https://www.cgastudio.games/chillpanda
Cost details	Free
Type of organisation	For profit
Funding stage	Information not publicly available

Chill Panda Tech Private Ltd

Deployment and access:

Deployment / spread	Pilot only / early stage
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Recommended by various health centres and can be used as a supplementary tool for managing anxiety

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	Not classified as a medical device
Evidence base / case studies	The Liverpool 5G Create project is an initiative aimed at reducing the digital divide and improving health, social care, and education through the use of 5G technology. Chill Panda is one of the technologies being trialled in this project to help children manage anxiety

4.1.6 Innovations for anxiety

🥽 Virtual Reality, with CBT

phase
space

Phase Space

Brief description:
Virtual reality hypnotherapy used as early intervention for anxiety in students and young people.

Product name	**Phase Space VR**
Type of innovation	Virtual reality
Target age group	10 -18
Website	https://www.phasespace.co.uk/
Cost details	Subscription
Type of organisation	For profit
Funding stage	Series C

Phase Space

Deployment and access:

Deployment / spread	Pilot / early stage
Access route	Self management
Place in pathway	Mainly pilots and clinical trials with staff at the moment.

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public source
Evidence base / case studies	North Staffordshire Combined Healthcare NHS Trust ran a pilot project using Phase Space's VR technology to support staff wellbeing - https://www.phasespace.co.uk/evidence St George's University London have trialled Phase Space to reduce stress and anxiety. https://www.digitalhealth.net/2024/04/new-virtual-reality-experience-improves-student-mental-health/

4.2 Innovations for Anxiety and Self Harm

4.2.1 Innovations for anxiety and self harm

🌐 Web-based, with CBT

SilverCloud

SilverCloud®
by Amwell®

Brief description:
SilverCloud Health provides evidence-based digital mental health programs designed to help children, teens, and caregivers manage and improve symptoms of low mood and anxiety. Their programs are part of the broader SilverCloud® platform, which offers a range of mental health and wellbeing solutions.

Product name	**Space from anxiety for teens**
Type of innovation	Web-based platform
Target age group	12 -18
Website	https://www.silvercloudhealth.com/ie/programmes/family-programmes/children-and-young-people-mental-health-programmes
Cost details	Free
Type of organisation	For profit
Funding stage	Series B

SilverCloud

SilverCloud® by Amwell®

Deployment and access:

Deployment / spread	Wider implementation
Access route	HCP prescriptions or commission required
Place in pathway	Patients signed up to the programme by a GP whilst waiting to be seen by a specialist

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Complies with NICE guidelines and identified as a promising product within the NICE Early Value Assessment (EVA) HTE3
Evidence base / case studies	• **Lincolnshire Partnership NHS Foundation Trust:** This case study showcases how SilverCloud Health's digital mental health support was integrated across the Stepped Care Model. It highlights the transformative impact on mental health services, including improved access and outcomes for patients. • **Croydon Talking Therapies:** Managed by South London and Maudsley NHS Foundation Trust, Croydon Talking Therapies partnered with SilverCloud Health to enhance service capacity and accessibility. The partnership aimed to overcome barriers such as stigma, physical location, and busy schedules. • **Berkshire Healthcare NHS Foundation Trust:** Berkshire partnered with SilverCloud Health to address challenges like decreasing waiting times, increasing access and choice for patients, and meeting clinical improvement and recovery target

Togetherall

Brief description:
Togetherall is a digital mental health support service which is available online 24/7 and is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members. In addition to Togetherall's online community, users will have access to a wealth of useful resources and can work through tailored self-help courses covering topics such as anxiety, sleep, weight management, depression and many more.

Product name	**Togetherall**
Type of innovation	Web-based platform
Target age group	16 and over
Website	https://togetherall.com/en-gb/
Cost details	Free
Type of organisation	For Profit
Funding Stage	Series A

Togetherall

Deployment and access:

Deployment / spread	Wider Implementation
Access route	Self Management
Place in pathway	Early intervention or supplementary treatment for someone receiving treatment from MHPs

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Wandsworth CCG: Togetherall helped alleviate pressure on existing services by providing mental health support to hard-to-reach residents NHS Greater Manchester Mental Health NHS Foundation Trust NHS North East London Foundation Trust NHS South West London and St George's Mental Health NHS Trust NHS Birmingham and Solihull Mental Health NHS Foundation Trust NHS Leeds and York Partnership NHS Foundation Trust Stockport Council: During the lockdown, Togetherall was used to combat isolation and loneliness among the population. Shropshire Council: Togetherall was adopted as an early intervention tool to support the mental health of residents.

4.2.2 Innovations for anxiety and self harm

 App-based, with CBT

DiveThru

divethru

Brief description:
The DiveThru app provides self-guided resources created by therapists to support people aged 13 and above to check in with their wellbeing and access helpful coping tools.

Product name	**DiveThru**
Type of innovation	App
Target age group	13 and over
Website	https://divethru.com/divethruapp/
Cost details	Subscription
Type of organisation	For profit
Funding stage	Accelerator / incubator

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DiveThru

Deployment and access:

Deployment / spread	Self-managed only
Access route	Self management
Place in pathway	Complimentary/ self managed

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Information not publicly available

4.2.3 Innovations for anxiety and self harm

 App-based, no CBT

One (Mind of My Own)

Brief description:

Mind of My Own is a digital platform designed to help children and young people communicate their thoughts, feelings, and experiences. It provides a safe and secure way for young people to share their views with trusted adults, such as social workers and care providers.

Product name	One Mind of My Own
Type of innovation	App
Target age group	8 and over
Website	https://bestforyou.org.uk/one-mind-of-my-own-app-of-the-month-march-2024/ https://mindofmyown.org.uk/
Cost details	Free
Type of organisation	For profit
Funding stage	Grant

One (Mind of my own)

Deployment and access:

Deployment / spread	Wider implementation
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Mainly used in social care

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Over 120 local authority partners including West Sussex, Ealing Council, Brighter Futures for Children, Liverpool City Council. The app is also used and promoted by Inverclyde Council and HSCP (Health and Social Care Partnership) and is featured as a resource that can be adapted for healthcare appointments by Great Ormond Street Hospital.

4.2.4 Innovations for anxiety and self harm

AI Chatbot

wysa

wysa

Brief description:
Wysa is a mental health wellness platform that leverages an AI chatbot to provide support for managing stress, anxiety, and other mental health concerns. It offers evidence-based cognitive-behavioural techniques, digital self-help tools, and access to human support through counsellors and therapists.

Product name	**wysa**
Type of innovation	AI Chatbot
Target age group	13 and over
Website	https://www.wysa.com/
Cost details	Freemium
Type of organisation	For profit
Funding stage	Later stage venture capital

wysa

Deployment and access:

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	Waitlist support / post discharge pathway

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Registered medical device DCB0129 DTAC
Evidence base / case studies	North West London, Vita Health, Dorset Healthcare, Fulham MIND

4.3 Innovations for eating disorders

4.3.1 Innovations for eating disorders

🌐 Web-based, with CBT

Orri

Orri

Orri

Brief description:
Orri is a specialist eating disorder treatment service offering both in-person and online intensive day treatment programs. Their approach is designed to provide comprehensive, structured care for individuals on their eating disorder recovery journey.

Product name	**Orri**
Type of innovation	Web-based platform
Target age group	16 and over
Website	https://www.orri-uk.com/intensive-day-treatment/online/
Cost details	Subscription
Type of organisation	For profit
Funding stage	Early- stage venture capital

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Orri

Orri

Deployment and access:

Deployment / spread	Self managed only
Access route	Self management
Place in pathway	Mainly used in private pathways

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Orri is regulated by the Care Quality Commission (CQC) and has been rated 'Outstanding'
Evidence base / case studies	Information not publicly available

4.3.2 Innovations for eating disorders

🌐 Web-based, no CBT

Beat
Eating disorders

Beat App

Brief description:
The Beat app is a digital health solution provided by Beat Eating Disorders; a UK-based charity dedicated to supporting individuals affected by eating disorders. The app offers resources, support, and guidance to help users manage and overcome eating disorders.

Product name	Beat Eating Disorders
Type of innovation	Online support groups
Target age group	13 and over
Website	https://www.beateatingdisorders.org.uk/
Cost details	Free
Type of organisation	Non- profit
Funding stage	Information not available

Beat App

Deployment and access:

Deployment / spread	Pilot / early stage
Access route	Self management
Place in pathway	An additional resource alongside traditional treatments

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Information not publicly available

4.3.3 Innovations for eating disorders

 App-based, with CBT

Beanbag Health Ltd

Brief Description:
Beanbag Health Ltd is a digital health company focused on providing support for lifelong recovery from eating disorders and body image issues. Beanbag Health offers a digital app that incorporates enhanced cognitive behavioural therapy (CBT-e) and provides a 20-week recovery program. The app includes self-guided and 1:1 guided versions, peer support, and involvement of loved ones.

Product name	Beanbag Health
Type of innovation	App
Target age group	16 and over
Website	https://www.beanbaghealth.com/
Cost details	Subscription
Type of organisation	For profit
Funding stage	Accelerator / incubator

Beanbag Health Ltd

Deployment and access:

Deployment / spread	Pilot / early stage
Access route	Self management
Place in pathway	Suitable for "mild to moderate" cases

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	GDPR compliant and app is based on NICE-recommended treatment programs and evidence-based practices
Evidence base / case studies	Information not publicly available

Juniver Ltd

Brief description:
Juniver Ltd is a digital health company founded in 2020, focused on providing neuroscience-based recovery programs for individuals struggling with eating disorders. Their platform offers practical tools, habit-formation principles, and a supportive community to help users curb cravings, ease urges, and foster long-term recovery.

Product name	Juniver
Type of innovation	App
Target age group	16 and over
Website	https://www.joinjuniver.com/
Cost details	Subscription
Type of organisation	For profit
Funding stage	Accelerator / incubator

Juniver Ltd

Deployment and access:

Deployment / spread	Pilot / early Stage
Access route	Self Management
Place in pathway	Designed for use between sessions with HCP

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Information not publicly available

Worth Warrior by stem4

Brief description: The Worth Warrior app is designed to support young people experiencing negative body image, low self-worth, and related eating difficulties or disorders. It is structured around cognitive-behavioural principles, encouraging users to challenge unhelpful thoughts and adjust behavioural responses, with the aim of improving emotional well-being. The app includes features that allow users to set goals related to body image and eating behaviours and prompts reflection on the distinction between factual and distorted thinking. Additionally, it offers a range of strategies for managing difficult emotions.

Product name	**Worth Warrior**
Type of innovation	App
Target age group	12 and over
Website	https://worthwarrior.stem4.org.uk/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

Worth Warrior by stem4

Deployment and access:

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	Information not available

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Information not publicly available

4.4 Innovations for self harm
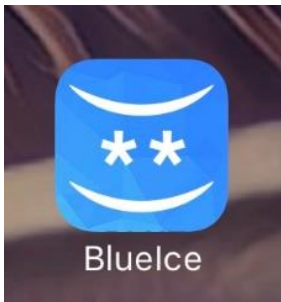
4.4.1 Innovations for self harm

 App-based, with CBT
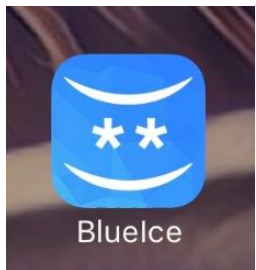
BlueIce

Oxford Health NHS Foundation Trust
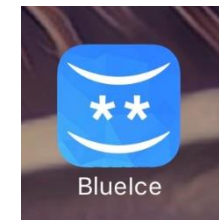
Brief description:
Blue Ice is a prescribed, evidence-based app designed to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress, and automatic routing to emergency numbers if urges to harm continue.

Product name	Blue Ice
Type of innovation	App
Target age group	12 - 17
Website	https://www.oxfordhealth.nhs.uk/blueice/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

Oxford Health NHS Foundation Trust

Deployment and access:

Deployment / spread	Wider implementation
Access route	HCP prescriptions or commission required
Place in pathway	Available to patients in secondary care, specifically those attending Child and Adolescent Mental Health Services (CAMHS) across the UK

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	CAMHS - https://www.nationalelfservice.net/mental-health/self-harm/blueice-app-for-managing-self-harm-what-do-young-people-think/ . Blue Ice is used in various NHS trusts, particularly in CAMHS across regions like Bath, North East Somerset, Buckinghamshire, Oxfordshire, Swindon, and Wiltshire

4.4.2 Innovations for self harm

 App-based, no CBT

Grassroots Suicide Prevention

Brief description:
The Stay Alive app is a suicide prevention resource developed by Grassroots Suicide Prevention. It provides tools and resources to help individuals stay safe during a crisis, including a customisable safety plan, a LifeBox for storing life-affirming photos and videos, and quick access to crisis support services

Product name	Stay Alive
Type of innovation	App
Target age group	17 and over
Website	https://prevent-suicide.org.uk/stay-alive-app-grassroots-suicide-prevention/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

Grassroots Suicide Prevention

Deployment and access:

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	For use in a crisis

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Kent and Medway, Sussex Partnership NHS Foundation Trust, Bristol Health Partners

DistrACT

Brief description:
The app is primarily used for signposting to other services and includes educational content related to self-harm, as well as curated links to art, books, and films. It has been positively received by both professionals and users. One therapist commented, "I would often use this when people want a list of useful contacts in an emergency or when distressed and they often forget who to call, as it is all in one place." A 15-year-old user also noted, "I liked the ideas for music, films and books."

Product name	**DistrACT**
Type of innovation	App
Target age group	11 and over
Website	https://www.expertselfcare.com/distract/
Cost details	Free
Type of organisation	For profit
Funding stage	Information not available

DistrACT

Deployment and access

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	Supplementary tool to traditional therapy and counselling services

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Bristol Health Partners and University Hospitals Bristol NHS Foundation Trust

Calm Harm by stem4

Brief description:
Calm Harm is an award-winning app developed by the teenage mental health charity stem4. It is designed to help young people manage or resist the urge to self-harm using principles from dialectical behaviour therapy (DBT). The app provides various activities to help users "ride the wave" of self-harm urges.

Product name	**Calm Harm**
Type of innovation	App
Target age group	13 and over
Website	https://calmharm.stem4.org.uk/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

Calm Harm by stem4
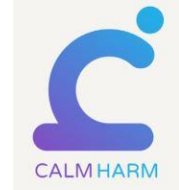
Deployment and access:

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	Supplementary tool to professional treatment

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	Devon Partnership NHS Trust

4.5 Innovations for all focus areas

4.5.1 Innovations for all focus areas

🌐 Web-based, with CBT

kooth

Kooth

Brief description:
Online counselling with trained counsellors for 10-18 years for free. You need to create a log-in for confidentiality. Kooth also have an online forum for discussion where you can just read or contribute.

Product name	Kooth
Type of innovation	Web-based platform
Target age group	10-25
Website	https://www.kooth.com/
Cost details	Free
Type of organisation	For profit
Funding stage	Publicly held

Kooth

Deployment and access:

Deployment / spread	Wider implementation
Access route	HCP prescriptions or commission required OR self management
Place in pathway	Kooth can be used both as a standalone treatment and alongside other therapies. It provides flexible support options, allowing users to access services based on their individual needs. For some, Kooth serves as an initial point of contact and early intervention, while others may use it in conjunction with face-to-face therapy or other mental health services.

Clinical and therapeutic details:

Uses CBT?	Yes
Regulatory compliance	Unable to verify compliance through public sources
Evidence base / case studies	• Greater Manchester: Kooth provides universal support for young people aged 10 and up in Greater Manchester. This initiative has helped reduce waiting times for mental health services and provided immediate access to support. • Cambridgeshire and Peterborough: In partnership with Mind, Kooth has brought easy-to-access mental health support to these regions. This collaboration has improved mental health outcomes and provided a valuable resource for young people. • Lincolnshire NHS: Kooth has worked with the Lincolnshire NHS to support young people on waiting lists. This partnership has demonstrated significant reductions in self-harm incidents and improved overall mental health for the participants.

4.5.2 Innovations for all focus areas

📱 App-based, no CBT

myHappyind

Brief description:
My Happy Mind provides NHS-commissioned, science-backed mental health programmes in schools and early years settings that focus on prevention, resilience-building, and reducing clinical referrals by promoting a whole-school approach to emotional wellbeing

Product name	**MyHappyMind**
Type of innovation	App
Target age group	4-11
Website	https://myhappymind.org/
Cost details	Funded by Children and Young People's Mental Health Commissioners in some regions. Also available for parents to purchase independently.
Type of organisation	For profit
Funding stage	Unknown

myHappymind

Deployment and access:

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	The programme is designed for universal access through schools and nurseries that subscribe to it, with parents and families gaining access via the myHappymind app. As long as a setting is enrolled, children and their families can use the programme without any clinical referral or diagnosis.

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	PSHE Curriculum Alignment: Their extended programme, myHappymind+, is designed to meet UK PSHE curriculum requirements, supporting compliance with Ofsted and DfE wellbeing expectations. Data Protection: The organisation operates under a Privacy Policy and Terms of Use, indicating compliance with UK GDPR and data handling regulations.
Evidence base / case studies	**NHS Black Country Healthcare Trust:** Their Reflexions Mental Health Support Team (MHST) works in schools across the Black Country and has collaborated with programmes like My Happy Mind to deliver early intervention and preventative support. **St. Peter's CE Primary School (Manchester):** This school has implemented My Happy Mind as part of its whole-school wellbeing strategy, integrating it into PSHE lessons and daily routines. More evidence can be found on this Impact Report.

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Tellmi

Brief description:
Tellmi is a digital mental health service that provides anonymous, pre-moderated, age-banded peer support, pre-emptive counsellor intervention, solution focused therapy, and a directory of resources/services. It is designed to support young people with their mental health through a safe and moderated platform.

Product name	Tellmi
Type of innovation	App
Target age group	11-25
Website	https://www.mefirst.org.uk/resource/meetwo-a-safe-social-media-solution-to-improve-teenage-wellbeing/
Cost details	Free
Type of organisation	For profit
Funding stage	Accelerator / incubator

Tellmi

Deployment and access:

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	Tellmi works alongside Child and Adolescent Mental Health Services (CAMHS) to reduce the burden on these services. It provides support for young people with mild to moderate mental health issues, those on CAMHS waiting lists, and those who have completed treatment but need ongoing support. It can also be used to address mental health issues early, preventing them from escalating.

Clinical and therapeutic details:

Uses CBT?	No
Regulatory compliance	Tellmi is fully compliant with the Digital Technology Assessment Criteria (DTAC), Cyber Essentials, and the NHS Data Security and Protection Toolkit
Evidence base / case studies	**Berkshire West case study:** In July 2023, Tellmi was commissioned by Berkshire West Integrated Care Board (ICB) to provide digital peer and counsellor intervention to young people aged 11-17 in Reading, Wokingham, and West Berkshire. Outcomes: The service exceeded access targets by 61%, with 1,387 young people using Tellmi. It was the only source of mental health support for 51% of local users. Additionally, 201 high-risk young people received pre-emptive counselling or Tellmi Therapy sessions. The service saved the NHS approximately £89,000.

4.5.3 Innovations for all focus areas

💬 Text-Line, no CBT

shout
85258

Mental Health Innovations

Brief Description:
Shout is a free, confidential, 24/7 mental health text service in the UK. It provides immediate support for anyone in crisis, helping them move from a hot moment to a cool calm. To get help, text 'SHOUT' to 85258. Users receive an automated message asking about their issue and can then be connected to a trained volunteer. The volunteer will use active listening techniques to help the users feel calmer and safer. Conversations are overseen by clinical supervisors to ensure safety and effectiveness.

Product name	**Shout 85258**
Type of innovation	Text Line
Target age group	Any age
Website	https://giveusashout.org/about-us/faq/
Cost details	Free
Type of organisation	Non-profit
Funding stage	Information not available

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Mental Health Innovations

shout 85258

Deployment and access:

Deployment / spread	Wider implementation
Access route	Self management
Place in pathway	Immediate care

Clinical and Therapeutic Details:

Uses CBT?	No
Regulatory Compliance	GDPR
Evidence Base / Case Studies	NHS Bedford, Luton, and Milton Keynes Integrated Care Board: This partnership was formed to provide young people with flexible, responsive, and 24/7 mental health support. The bespoke Shout keyword 'REFLECT' was introduced, and in its first six months, over 250 conversations were held with young people struggling to cope. **Hampshire, Southampton, and Isle of Wight NHS Integrated Care Board**: This collaboration helps residents access local mental health services for ongoing support. Texters using the keyword 'HANTS' who are not at imminent risk are provided with information about further support in their area and are signposted to the NHS 111 mental health service.

Appendix

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1. Understanding funding stages (½)

Funding Stage	Description
Accelerator / incubator	Programmes that support early-stage startups by providing mentorship, resources, and sometimes funding. Incubators help develop ideas at the concept stage, while accelerators support more developed startups with rapid growth over a fixed period, often in exchange for equity.
Grants	Non-dilutive funding (no equity given) typically from governments, foundations, or research bodies to support specific projects or innovation.
Pre-seed	Very early investment used to develop a prototype or validate an idea—often from founders, friends, or angel investors.
Seed	Funding to build a minimum viable product (MVP), test early market fit, and assemble a founding team. Often from angels or seed-stage venture capital (VC).
Early stage venture capital	Broad term usually covering Seed and Series A rounds, focused on building product-market fit and early traction.
Series A	First institutional VC round, used to grow the user base, refine the business model, and scale operations.
Series B	Supports scaling efforts, such as expanding teams, entering new markets, or increasing revenue. Usually led by growth-stage VCs.
Series C	Late-stage growth funding, often to support expansion, acquisitions, or prepare for IPO. Includes larger institutional investors or strategic partners.
Series D (*and beyond)*	Further rounds for companies that are still growing or restructuring before a public offering or exit. Could reflect high capital needs or delayed IPO timelines.

1. Understanding funding stages (2/2)

Funding Stage	Description
Later stage venture capital	Covers Series C, D, and beyond, focused on companies with proven models and significant revenue looking to scale further or prepare for exit.
Corporate minority round	Investment by a large corporation in exchange for a minority equity stake, often strategic, offering industry connections or market access.
Private equity (PE)	Investment in more mature companies, often to restructure, streamline, or accelerate profitability before an exit.
Debt financing round	Raising capital through loans or convertible debt, rather than selling equity. Repayment terms apply, and it may be used alongside equity rounds.
Formerly PE-backed	The company was previously owned or majority-funded by a private equity firm, but the PE firm has since exited its investment.
Publicly held	The company is now publicly traded on a stock exchange, with shares owned by institutional and retail investors.

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2. Understanding deployment and spread

Deployment / spread	Description
Pilot / early stage	Technologies that are in the initial phases of use, often being tested or trialled in select settings to explore feasibility and effectiveness.
Growing adoption	Technologies that have moved beyond early pilots and are being adopted in a broader range of settings, showing signs of increased interest and scaling.
Wider implementation	Technologies that are more established, with sustained use across multiple settings.
Self management only	Technologies that are only used independently of an NHS setting or referral.