

#### **SEPTEMBER 2024**

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

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

P 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 cuttingedge 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 <a href="Health Innovation Network">Health Innovation Network</a> 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: <a href="mailto:anna.whyte@dhi-scotland.com">anna.whyte@dhi-scotland.com</a>

Register for IUK Mindset: Innovators Q&A

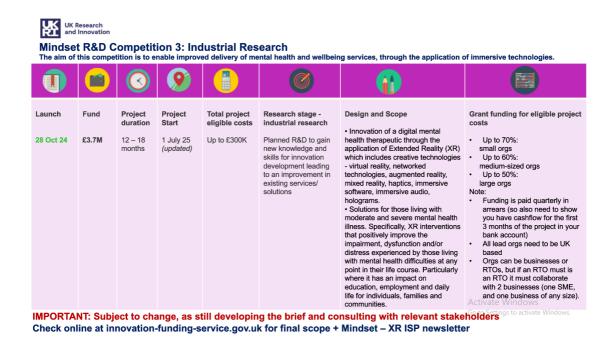
## **IUK Mindset XR Innovation Support Programme**

The Mindset-XR Innovation Support Programme, funded by Innovate UK and run by <u>Health Innovation Network</u> (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 <u>jane.guest@iuk.ukri.org</u> if you are interested in applying for R3 and would like to further discuss.



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.



# eMHIC Annual Digital Mental Health International Congress 2024

We virtually attended the two-day annual <u>eMHIC Congress</u> 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!

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

m 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 <u>Digital Health Uptake</u> (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





## '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

## 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!

## **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

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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