

SilverCloud partners with Northpoint Wellbeing to bring digital mental health support to young people as they return to school

June 10th, 2020 London, UK, SilverCloud, the leading digital therapeutics provider, has partnered with mental health charity Northpoint Wellbeing to co-develop a new digital therapy programme to alleviate anxiety in young people. Coming at a time when children are returning to school and face huge uncertainty, it will be available for school clusters across the Leeds area and NHS Child and Adolescent Services Mental Health Services (CAMHS) in Calderdale. The programme is also being rolled out nationally to other NHS and education services.

The online treatment, based on cognitive behavioural therapy, is designed for young people 14 years and over but can be used for younger children if a professional assesses them as suitable. It has been developed over the last 12 months and fast-tracked to help this vulnerable group deal with these particularly challenging times and the uncertainty for Year 10 pupils around GCSE examinations and school attendance.

Anxiety problems are the most common mental health issue faced by young people. With estimates of 1.3 million children experiencing mental health problems and just 300,000 young people gaining access to NHS services, there is a clear need and gap in service provision that technology can help to fill. This is borne out from the 200 young people that have already benefited from the SilverCloud programme with 90% of young people finding the digital therapy relevant and 84% saying that it was helpful to them.

Helen McGlinchey, School Services Manager & Strategic Lead at Northpoint says:

“In light of increasing demand and in line with national service transformation sparked by the Future in Mind report and subsequent green paper, we saw the potential for this type of intervention to be used for the benefit of young people in our Leeds schools services and our Calderdale CAMHS service. It enables young people to be offered choice about their treatment, and it is consistent with early intervention as the programme can be offered with minimal waits at the point of referral.

“It has been a fantastic opportunity for us as an organisation to work with SilverCloud, co-developing and building the evidence base for this new digital treatment programme for young people. Anxiety is such a prevalent mental health issue for young people and having the programme as part of our service offer means we are able to support more young people.”

The programme builds on the success of the SilverCloud platform that is available to adults referred to NHS mental health services, including Improving Access to Psychological Therapies (IAPT) services, where it is used by over 80% of services. It is also the first digital therapeutics solution to undergo and complete evaluation under the Medical Technologies Evaluation Programme from the National Institute for Health and Care Excellence (NICE). This acknowledges technologies that could offer substantial benefits to patients and the health and social care system over current practice. It is also the first such solution to be recognised as Tier 3b compliant on the NICE Evaluations Framework for Digital Technologies.

The new programme comes after the recent launch by SilverCloud of a specific ‘Space from COVID-19’ online support package. The COVID-19 response has been made available to all NHS services at no cost and is part of the NHS England mental health support package for frontline care workers, as well as being available through the Department of Health and Social Care’s new *Care* app.

Dr Lloyd Humphreys, head of Europe at SilverCloud, says: “Having changed the lives of nearly half a million people it was critically important for us to see how we could help young people manage their mental health and wellbeing during and beyond COVID-19. There is so much uncertainty, worry and anxiety around the pandemic and its impact that digital therapy has an

important role in increasing accessibility to evidence-based support. Being a complete mental health solution, it was essential that the programme could be accessed by schools, as well as mental health services, and we are delighted to be working with Northpoint Wellbeing as pioneers in this area.”

About SilverCloud Health

[SilverCloud Health](#) is the world’s leading digital mental health company, enabling healthcare organisations to deliver clinically validated digital health/therapeutic care that improves outcomes, increases access and scale while reducing costs. The company’s multi-award-winning digital mental health platform is a result of over 16 years of clinical research with leading academic institutions. Today, SilverCloud is being used by over 250 organisations globally to meet their populations’ mental health needs. Global experts have deeply validated the platform through full randomised control trials and real-world data from over 400,000 SilverCloud users.

The platform continues to lead the industry with its effectiveness, engagement, and range of clinical programmes that encompass the spectrum of mental health needs.

About Northpoint Wellbeing

Northpoint Wellbeing Limited is a charitable provider of a range of services to promote emotional wellbeing. Northpoint deliver therapeutic & preventative services for those experiencing mental health and emotional difficulties in Leeds, Calderdale & surrounding areas. Northpoint Wellbeing currently provides over 31,000 face-to-face intervention hours annually, to adults and to children and young people, and engages over 130 staff. We believe that timely access to appropriate therapeutic support, is an effective way of promoting emotional wellbeing and relieving mental distress, for people of all ages and backgrounds.

The organisation operates to high professional standards, is an accredited service of the, British Association for Counselling and Psychotherapy, and works to the ethical frameworks of BACP and BABCP.

Further details of the organisation and its work can be found on our website at www.northpoint.org.uk