



The future of therapy for mental health

The role of digital in improving access to therapeutic mental health support is vital.

Four ways digital is shaping the future of mental health support

Mental health experts are seeing the huge long-term potential of digital interventions to transform the services they deliver.



1 Improving choice and flexibility



The offering of care and the possible avenues available for effective clinical support can be expanded by integrating digital therapies into service frameworks.

Research suggests that when people have more choice in what mental health support is available, it can:



Improve patient outcomes



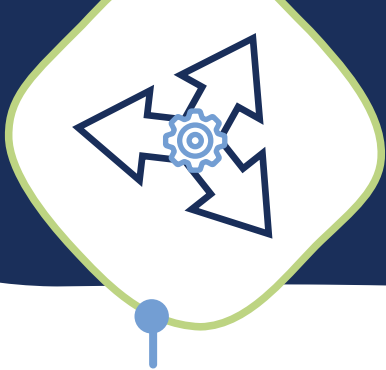
Boost positive attitude and engagement



Provide a sense of control over their treatment

“Rather than acting as a replacement for face-to-face therapy, it’s an additional offer of support and that just means more choice and flexibility for young people and families, in terms of treatment options.”

Helen McGlinchey, Head of Service and Clinical Lead for School Services, Northpoint



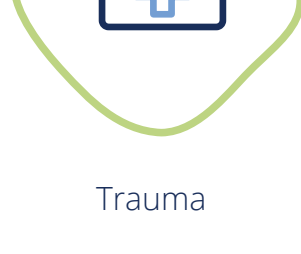
2 Expanding range

Evidence suggests that a wider range of people with more complex needs can be supported by delivering Cognitive Behavioural Therapy (CBT) through digital interventions.

Digital tools have already demonstrated success in helping lower-risk patients with mild to moderate symptoms of mental illness. Now, there is the potential to explore their application in more complex conditions such as:



Social anxiety



Trauma



OCD

“CBT, particularly with high-intensity and Step 3 care, is hard work for patients. It often requires the therapist to really challenge the way people are thinking, and breaking the vicious cycle can be very difficult. But this kind of interaction is key to behaviour change.”

Douglas Hiscock, CPsychol MSc BA, Behavioural Health Lead, Amwell

3 Supporting therapists to support others



The future of therapy must be more efficient and flexible to improve the working lives of those providing patient care.

With digital tools, therapists can:



Access records in one centralised management system



Automate administrative tasks to prioritise clinical duties



Have the mental and physical capacity to deliver the best possible service

“I think digital is adding more variety and change for therapists, and for me, that’s really useful. You’re using your brain in different ways when you’re offering digital support versus in person. I also think digital allows you to have more flexibility with your work pattern.”

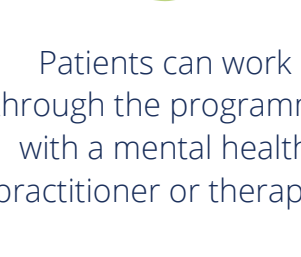
Emma While, Psychological Wellbeing Practitioner at NHS Telford and Wrekin



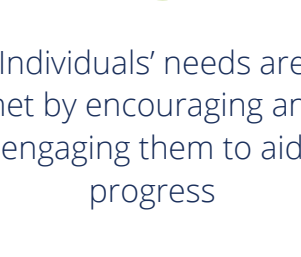
4 Bringing personalised support to more

Digital technologies-like those recently approved by NICE-are integrating the highly-valued personal therapeutic experience to a wider audience.

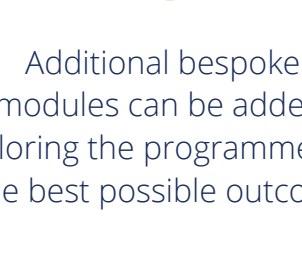
Mental health programmes delivered digitally means:



Patients can work through the programme with a mental health practitioner or therapist



Individuals’ needs are met by encouraging and engaging them to aid progress



Additional bespoke modules can be added, tailoring the programme for the best possible outcome

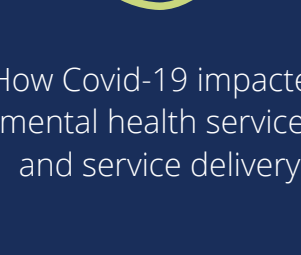
“With digital, there could be an aspect where the human element, or that therapist client relationship, is lost. So, I think it’s nice that you can be a bit personal when you’re communicating in the programme. Even though you’re online, you’re not robotic. You get to be a human and still, show empathy”

Lyndsey Bradley, digital support outreach worker at Calderdale Mental Health Support Team.

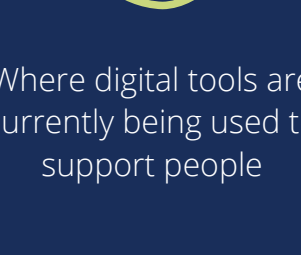
The future of therapy:

How digital interventions are reshaping the mental health care landscape

We have talked to a range of psychologists, therapists and practitioners about:



How Covid-19 impacted mental health services and service delivery



Where digital tools are currently being used to support people



How digital tools could transform mental health support in the future



Discover our insights and qualitative research into how digital tools like the SilverCloud platform are changing the therapy landscape and reshaping the future of client care.

[DOWNLOAD THE WHITEPAPER](#)