

Digital Mental Health Innovation Cluster (DMHIC)

Annual Report 2024–2025



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This document has been written and prepared by the Digital Health & Care Innovation Centre.

DHI was established as a world-leading collaboration between the University of Strathclyde and the Glasgow School of Art and is part of the Scottish Funding Council's Innovation Centre Programme. It is part-funded by Scottish Government.

DHI supports innovation between academia, the public and third sectors, and businesses in the area of health and social care.

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Executive Summary

The Digital Mental Health Innovation Cluster (DMHIC), established by the Digital Health & Care Innovation Centre (DHI) in 2022, continues to strengthen Scotland's position as a leader in digital mental health innovation. Covering the period August 2024 – July 2025, this report highlights achievements in cluster growth, governance, and activities that have driven collaboration, knowledge exchange, and development of digital mental health solutions.

Key highlights from 2024/25:

- Growth of cluster membership to 234 organisations following database refresh.
- Delivery of 6 impactful local, national, and international workshops and events.
- 3 influential reports prepared for publication, including the establishment of key challenges and priorities for research and innovation in digital mental health.
- Progress in Adult Attention Deficit Hyperactive Disorder (ADHD) -related research and service innovation, informed by lived experience.
- Increased cross-sector collaboration, including 2 funded projects with universities, industry, and third sector organisations.
- Recognition of Scotland's leadership role in digital mental health at UK and international levels.

Looking ahead, 2025/26 will focus on strengthening UK-wide and international partnerships including supporting preparations for the **2026 Global Digital Mental Health Conference** in Glasgow, promoting Research & Innovation (R&I) collaborations which address the identified DMHIC R&I priorities, utilising ADHD research to galvanise service transformation in this high-profile area.

Background & Context

In 2022, the Scottish Government commissioned DHI to establish and manage DMHIC to deliver Action 15.7 of [Scotland's Mental Health Transition and Recovery Plan](#).

Action 15.7: to explore the use of an innovation hub model to encourage identification, development and evaluation of technologies focused on the needs of the population. Developing Innovation Hubs will help support individuals, organisations, academics, and commercial companies to work together to identify, design and develop innovative digital solutions while being guided by expertise within the mental health field including people with lived experience.

The purpose of the DMHIC is to:

- Contribute to national mental health goals.
- Inform digital mental health policy.
- Adopt and scale digital innovations.
- Support knowledge exchange.

The cluster is one of six workstreams within the national Digital Mental Health Programme (see Fig: 1) and also contributes to [Scotland's broader National Innovation Strategy](#) (2023), which highlights innovation clusters as key drivers of economic growth and societal impact, referring to their role as “a powerful enabling vehicle for delivering economic growth”.

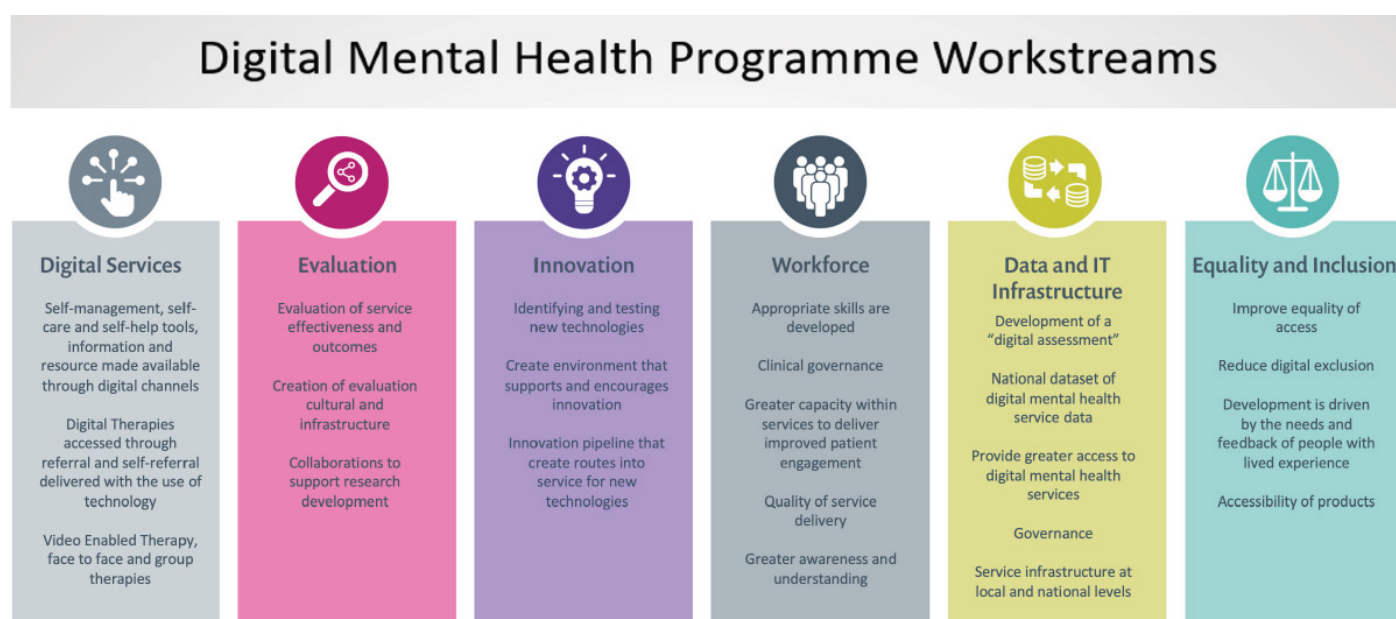


Fig 1. Digital Mental Health Programme workstreams (including Innovation)

DMHIC is maturing into a powerful collaboration of shared strategic interests, expertise and skills from policy, health and care, education, research, and commercial partners, all centred around a common purpose. It is now demonstrating clear success and impact, in a way which is greater than individual members can achieve in isolation.

Governance

DMHIC is formally accountable to the Digital Mental Health Programme Board, contributing to national priorities and reporting progress on a quarterly basis. To support delivery, a cross-sectoral advisory group has been established, and cluster management staff are in post to drive engagement and activities

- **Advisory Group:** Meets bi-monthly, with representation from DHI, NHS Innovation Hubs, Scottish Government, Chief Scientist's Office, Scottish Association for Mental Health (SAMH), Par Equity, University of Glasgow, University of Edinburgh. This provides strategic oversight, wide engagement and prioritisation.

Cluster Management: Delivered by DHI, with staffing resources of Cluster Lead (0.5 FTE) and Project Support Officer (1.0 FTE) who are able to access wider DHI support resources including Design, Communications, Event Management, Marketing and Research.

Outcomes Framework

The DMHIC members collectively established an **outcomes-based approach** as part of an early workshop facilitated by a Scottish SME, Matter of Focus (see Appendix 1: Outcome Map). Two core outcomes are used to guide activities:

- **Outcome 1:** Cluster members collaborate to develop and adopt digital mental health interventions.
- **Outcome 2:** Knowledge and learning are shared within and beyond the cluster.

These outcomes provide a roadmap for activity planning, evaluation, and impact measurement.

Innovation Cluster Structure

In line with good General Data Practice Regulations (GDPR), the DMHIC database was purged at the end of Jan-2025 after a 3-year period. Although this refresh reduced the overall number of network members, it ensures more active engagement and targeted growth.

Table 1: DMHIC Membership Growth (Feb – July 2025)

Month	Total	Growth
February	199	
March	205	+6
April	214	+9
May	217	+3
June	230	+13
July	234	+4

A breakdown of the refreshed cluster members identifies good representation from health, care, academia and education but more limited engagement from industry. This is a notable shift from previous analysis where industry represented more than a third of members.

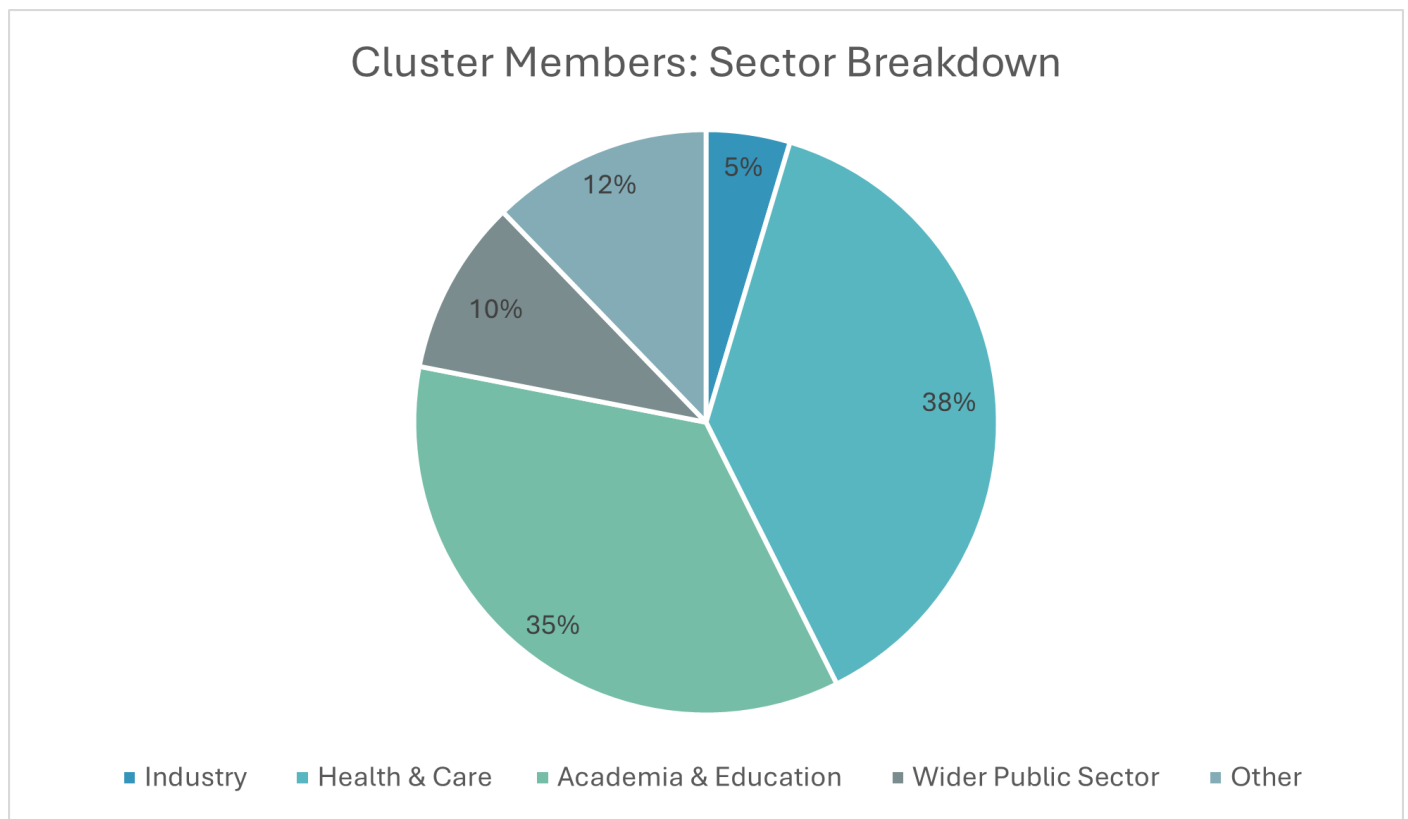


Fig 2. DHI Members by Sector (July 25)

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Our involvement in the Digital Mental Health Innovation Cluster has been instrumental in shaping and advancing our strategy. Through the cluster, we've had valuable opportunities to engage with partners from the public, third, and academic sectors - collaborating on future innovations, helping to bridge sector divides, and amplifying SAMH's voice across the wider system.*

Ciaran Barbour, Head of Digital and Information Systems, Scottish Action for Mental Health

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Activities & Impact

DMHIC activities align with the following three core functions which are recognised as attributes of successful innovation clusters. These continue to inform the strategic roadmap for the cluster.

- **Connectivity:** DMHIC provides a dedicated place for interaction with the local, national and international ecosystem. It provides both virtual and physical environments which attract key stakeholders from academia, industry, health and care providers, citizen representatives and beyond.
- **Activity management:** DMHIC functions as an agent for identifying, mobilising and progressing specific research and innovation activities which are aligned with Scotland's strategic priorities.
- **Knowledge exchange:** DMHIC operates as recognised vehicle for knowledge exchange (within Scotland, UK and between and across international partners).

CONNECTIVITY

Local: On 5 August 2024, the DMHIC hosted a workshop at the DHI Offices with Advisory Group members to consider how best to build a pipeline of collaborative R&I opportunities which address priority mental health challenges in Scotland.

The workshop focused on three primary objectives:

1. review and refine a mapping of current digital R&I initiatives to identify gaps and opportunities.
2. identify key challenges for digital mental health,
3. develop guidance and priorities for a collaborative R&I opportunity pipeline.

The workshop identified eight key challenges to the adoption of digital mental health interventions. This was then aligned against the existing initiatives to identify gaps and opportunities for next stage collaborative projects.

Table 2: Mapping of Digital Mental Health Projects/products in Scotland

Change Management Projects that help improve current services, implement changes, or enhance staff capacity	Trust & Stigma Services that address stigma, fear of technology, and data privacy issue.	Evidence & Impact Projects focused on gathering data, research, and evidence to back their approaches	Access & Ease of Use Services that focus on expanding access to mental health support and making it easier to engage with.	Blending Digital with Traditional Approaches Services that combine the best of digital and traditional care approaches.	Transition and Coordination: This involves the transition between different stages of care, ensuring continuity of treatment.	Early Intervention and Prevention: This stage focuses on addressing mental health issues before they become severe, offering proactive support.	Economic Value: This highlights the importance of economic models, emphasizing the affordability and financial viability of mental health innovations and projects.
MXAI Health Uses AI-led cognitive tools to promote brain health and reduce isolation, helping improve care for dementia patients and requiring healthcare staff to adapt to new technologies	CleverCape™ In addition to improving access, this tool allows patients to stay connected with formal and informal care, helping reduce stigma around digital health interventions	LifeSaver Project Using sensor technology for overdose detection, focusing on the technical, economic, and operational viability, which is being studied	Mood Café Another key mental health resource website that offers self-help resources for improving emotional wellbeing, reducing barriers to access for individuals	Wysa Combines AI with human support systems, offering real-time digital psychological tools while still allowing escalation to traditional care pathways when needed	RedStar Ltd Enhanced communication between community mental health services, specialist services, and GPs. This project aims to improve care coordination and patient tracking throughout the recovery process.	CleverCape™ A system that helps individuals remain independent and in control at home by providing digital reminders and connections to care and family support. This falls under early intervention for those with potential mental health or cognitive issues.	
Just Checking A system using sensors to monitor patients' movements for assessing health and care needs. This falls under improving service efficiency and assisting staff in long-term care settings	Tellmi An anonymous peer support app designed to provide mental health support for healthcare providers and schools, allowing individuals to seek help without fear of stigma	Saving SAM AI-powered overdose monitoring system with a focus on usability feedback and data collection to improve the effectiveness of the tool	Veniseo Ltd. (UB-OK) This mental health app also falls here, with a focus on young people's access to psychological support when formal services are delayed	Omniscion A digital health monitoring system that uses infrared cameras to track mental health patients' vitals without disturbing them, blending tech with traditional in-person care	Improving Veterans' Health Collaboration between welfare support and technology to assist isolated veterans, addressing transitional care and long-term support for mental health.	Veniseo Ltd. (UB-OK) A mental health app designed to offer immediate psychological support for young people with gastrointestinal disorders. It helps bypass waiting lists and provides early intervention.	
RedStar Ltd. Improving ADHD diagnosis and care pathways by streamlining processes. This improves the efficiency and skills of mental health services through digital tools	Wysa An AI-powered mental health app designed for young people, providing anonymous support for common mental health issues like anxiety. The app encourages self-management and offers trust through anonymity	ZioHealth A project testing a handheld therapeutic drug monitoring device to improve harm reduction strategies, particularly for benzodiazepine use	Tellmi Besides addressing trust, it helps provide immediate, anonymous mental health support for users, bypassing the need for formal services	MXAI Health An AI-powered cognitive behavioural tool that enhances brain health by linking personal memories to biological data, blending digital engagement with cognitive therapy		Sentireal Ltd. Using digital tools to support young people awaiting their initial CAMHS (Child and Adolescent Mental Health Services) appointment. This project targets early engagement and pre-clinical support.	
SilverCloud A platform providing existing mental health support resources with on-demand courses to support staff and users	Veniseo Ltd. (UB-OK) A digital health app for young people that provides immediate support and bypasses waiting lists, ensuring privacy while offering care	RESCU2 Clinical validation of a virtual safe drug consumption technology, ensuring real-time overdose detection and intervention based on evidence.	Maggie's File This website provides easily accessible mental health information, offering convenience and access to care	Sentireal Ltd. Uses digital tools to assist young people while they await in-person CAMHS appointments, supporting traditional mental health pathways.		Wysa AI-driven mental health app targeted at students, offering psychological self-management tools to handle anxiety, stress, and other early mental health challenges.	
CleverCape™ A bespoke care service that helps integrate housing, care, and communication needs into one service		InstantQT A wearable device that allows real-time monitoring of patients' ECG data to detect heart issues linked to psychiatric medication side effects. The real-time data helps demonstrate the efficacy of the tool in preventing life-threatening side effects.	Myhelp Ltd. This platform supports psychologists in delivering information for patient care, making it easier for patients to engage with their treatment plans			Luna Luna is an anonymous teen app, that gives reliable, judgement-free advice on a variety of subjects including mental health and wellbeing	
NHS Talking Therapies (Limbic) A service that improves clinician satisfaction, expands access, and delivers better patient outcomes.			CleverCape™ Facilitates independent living by providing access to services from home, making mental health care more accessible				
			ZioHealth Improving Harm Reduction Strategies for illicit Drug Use. A handheld device that notifies users about potential overdoses, improving access to timely interventions for drug users.				
			RedStar Ltd. This project focuses on ADHD diagnosis and the creation of digital first approaches to improve diagnosis pathways. It is a key component in enhancing access to mental health assessments.				
			Chatpal Chatbot to support and promote mental wellbeing in rural areas. The trial will measure engagement, adoption and efficacy of the chatbot for supporting mental wellbeing in rural areas.				

The report concludes with the following recommendations for the focus of next stage R&I opportunities:

- safety and quality enhancements in acute settings,
- system level reform in neurodevelopmental disorder services,
- scalable, digital interventions for population-level mental health, especially for children and young people,
- cross-sector digital integration and referral pathway improvements,
- an outcomes-based framework to robustly assess the health and economic effectiveness of digital mental health services and technologies

The report of this work, 'Scotland's Digital Mental Health Innovation Cluster: Summary of Key Challenges & Opportunities for Digital Mental Health Research & Innovation in Scotland' will be published on the DMHIC webpages in October 2025.

National: On 13 May 2025, the DMHIC participated in the [Mindset-XR Innovation Support Programme](#) workshop in London. The event brought together the programme partners from across the UK to reflect on the first year of the initiative and identify opportunities for enhancing its impact through to March 2027.

Attendees included representatives from:

- [Health Innovation Network South London](#)
- [Digital Health and Care Innovation Centre](#)
- [Health Innovation North East & North Cumbria](#)
- [Hardian Health](#)
- [Health Innovation North West Coast](#)
- [Innovate UK](#)
- [MQ Mental Health Research](#)
- [Health Innovation South West](#)
- [XR Health Alliance](#)
- [Health Innovation Research Alliance Northern Ireland](#)

Insights gathered during the session will inform the next phase of the Mindset-XR programme, with the team at HIN South London leading the integration of partner feedback into the evolving delivery plan.

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Delighted at the launch of the DMHIC Year 3 report. Just one of the many ways that Scotland is sharing invaluable knowledge and best practice. Pivotal in forging the future of digital mental health and further cementing the strong relationship between DMHIC and Innovate UK, we remain grateful for the valuable contribution and support they provide, especially to Innovate UK's £20m Mindset - XR for digital mental health programme.

Jane Guest, Innovation Lead, Innovate UK Mindset XR for Mental Health

”

International: In February 2025, DMHIC reps attended and participated in the Dubai Digital Mental Health Exploratory, a collaborative event bringing together health leaders and innovators to shape the future of digital mental health services.

DMHIC presented Scotland's experience in embedding evidence-based digital therapies and self-management tools, while engaging in discussions on shared challenges such as stigma, access, and workforce wellbeing. The event provided an important opportunity to exchange knowledge, explore cultural and system-specific needs, and strengthen international collaboration in digital mental health innovation.



The DMHIC contributed to an [episode of the European Connected Health Alliance \(ECHA\) podcast series](#), providing an informative overview of developments in digital mental health across Scotland. The session aimed to communicate Scotland's progress and innovation appetite in an accessible and engaging format to a global audience, to see potential collaboration opportunities. The podcast reached over 78 countries, 1,100 members and 80 International Ecosystems.

DIGITAL HEALTH CONNECTORS:
Empowering Global Collaboration

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Digital Mental Health in Scotland



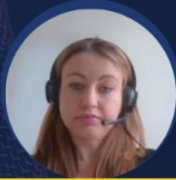
Joanne Boyle

 Digital Health & Care
Innovation Centre's
Head of Engagement
and Strategic Lead for
DMHIC



Andy Bleaden

 Communities Director
at ECHAlliance



Emma Fowler-Stewart

 Clinical Psychologist



Chris Wright

 National Advisory for
Digital Mental Health at
The Scottish Government



Nagore Penades

 Consultant Psychiatrist
NHS Greater Glasgow






Digital Health & Care
Innovation Centre

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As one of our long-term strategic partners I was delighted to be able to work closely again with the Digital Mental Health Cluster (DMHIC) to create what for me was a fantastic punchy webinar showcasing how Scotland are leading the way in relation to research and policy development in the field of digital mental health. We were able to then use our amplification ability as the Global Health Connector to project and amplify that to a global audience to highlight collaboration and learning opportunities. The DMHIC created and hosted a professionally curated webinar that once again puts Scotland way ahead, not just in the UK but globally in the field of digital mental health.

Andy Bleaden, Communities Director, European Connected Health Alliance - The Global Health Connector

”

In May 2025, DMHIC met with Brian O’Connell, Chief Operating Officer at Whakarongorau Aotearoa – New Zealand Telehealth Services as part of a study visit to the UK to examine digital service delivery models and innovations from all four nations, with the aim of informing future telehealth strategies and a digital innovation roadmap for New Zealand.

The meeting enabled a valuable exchange of knowledge, highlighting shared challenges and opportunities, and reinforced the clusters commitment to collaboration on a global scale.

Member Engagement: Cluster members stay connected between events with regular DMHIC tailored social media posts. A DMHIC Linked in group has been established for over two years, enabling members to identify partners and to collaborate on potential funding/challenge opportunities. A monthly newsletter provides updates on areas/articles of DMHIC interest.

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In my role as adult mental health policy lead in the Department of Health in Northern Ireland, I have found collaboration with the Digital Mental Health Innovation Cluster in Scotland hugely beneficial as a means to share learning with our Scottish counterparts, particularly in relation to Scotland’s innovative approaches to digital mental health and more recently in relation to emerging developments in ADHD provision.

Following an initial introduction to DMHIC Strategic Lead, Joanne Boyle at the inaugural International Digital Mental Health conference in Belfast in June 2023, DMHIC has acted as a central point of contact to exchange learning and best practice in areas of mutual interest, which ultimately has helped inform and shape mental health policy approaches in Northern Ireland. I look forward to developing these linkages with Scottish colleagues further.

Fiona McCausland, Head of Adult Mental Health Unit, Department of Health Northern Ireland

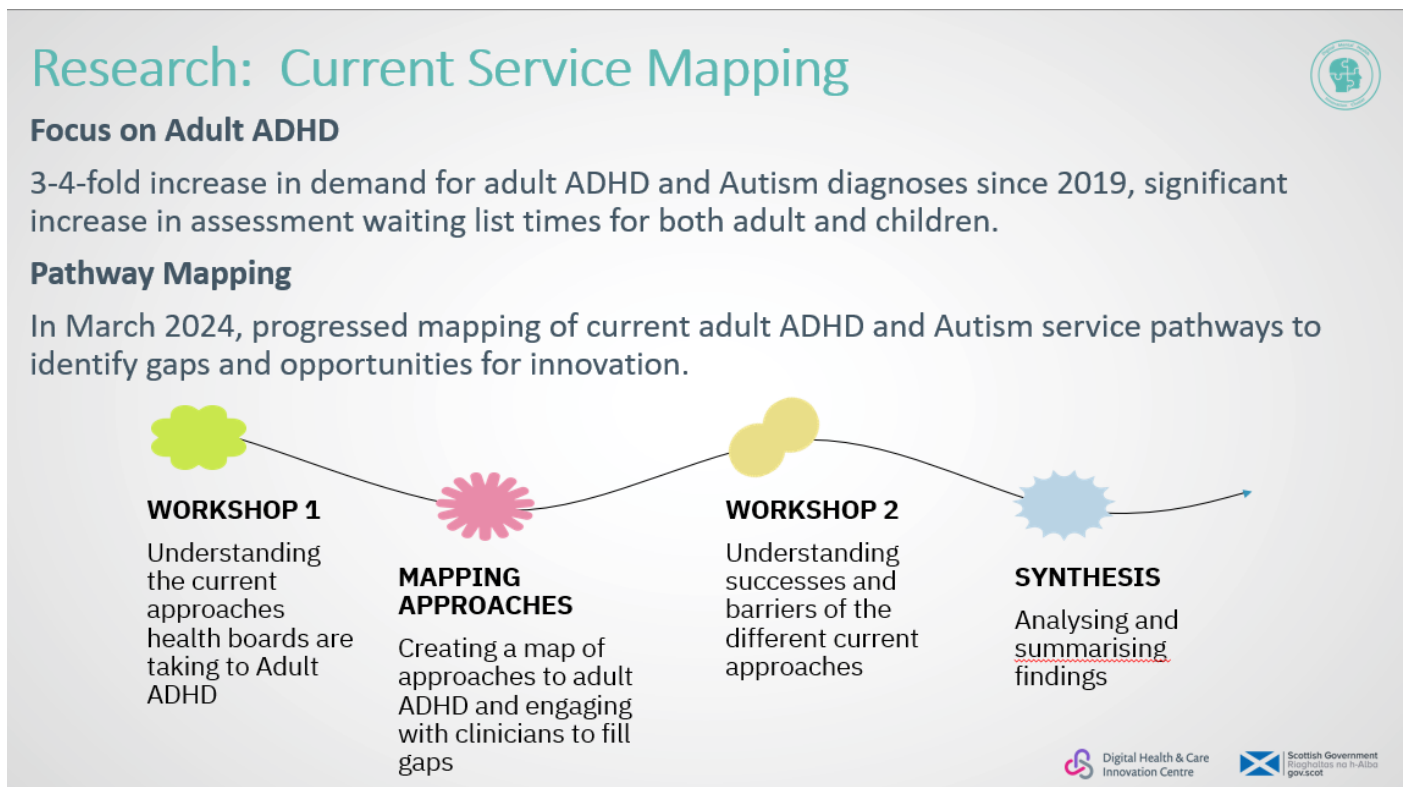
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ACTIVITY MANAGEMENT

This year DMHIC has progressed a number of innovation support activities to inform ADHD service innovation and transformation.

ADHD Innovation Workshops:

- 13 August 2024 (Virtual): Mental Health professionals from a range of Scottish NHS Health Boards engaged in small group discussions to examine the successes and challenges associated with various approaches to Adult ADHD-related digital mental health innovation. Key insights and barriers were drawn from these discussions and subsequently shared with the wider group in a collective knowledge-sharing segment.



- 16 January 2025 (Edinburgh, in-person): DMHIC hosted a community engagement workshop, focused on gathering lived experience insights around ADHD and the NHS service journey. The session brought together 5 individuals with ADHD to share their experiences and contribute to shaping more inclusive and responsive service design.
- 15 May 2025 (Virtual): DMHIC participated in a virtual roundtable hosted by the Scottish Government's Mental Health Directorate. The session focused on advancing access to neurodevelopmental assessments across Scotland. DMHIC presented findings from its ongoing service mapping work on adult ADHD, shared current initiatives, and took part in discussions to help shape a shared vision for future service development. The event brought together key stakeholders in neurodevelopmental care, including representatives from:
 - [National Autism Implementation Team \(NAIT\)](#)
 - [Royal College of Psychiatrists \(RCPsych\)](#)
 - [NHS Education for Scotland \(NES\)](#)
 - [NHS Research Scotland Mental Health Network \(NRS\)](#)



ADHD Service Mapping Findings

- 1** Waiting lists have been said to be as long as 10 years in some health boards, and in others lists have been closed due to the extreme high demand.
- 2** Clinicians are feeling the weight of not being able to support people who are in real need of support e.g. medication, Occupational Therapy, or psychological support.
- 3** There is a huge burden on clinicians around documentation that is made more difficult by scepticism around ADHD.
- 4** Generally, digital interventions are either very rudimentary (for example, acting as an information repository) or are in very early stages of delivery and struggling to get off the ground.
- 5** There is a high rate of co-existing neurodevelopmental conditions amongst people with ADHD which currently means going through more than 1 lengthy diagnosis pathway.
- 6** ADHD is anomaly amongst neurodiversity because medical treatment is an option and therefore the pathway is medicalised.

This collaborative forum was a significant step toward building a more integrated and accessible neurodevelopmental pathway for individuals across Scotland.

Impact: Insights from ADHD workshops and mapping have directly influenced policy discussions on neurodevelopmental pathways. Feedback from Scottish Government confirmed DMHIC's role in shaping future service design.



DMHIC have been very proactive in meeting with us to discuss work on Neurodevelopmental Pathways, providing a wealth of information mapping out the existing landscape, exploring possibilities for digital innovations and improvement and making links to other key interests in the Scottish Government and elsewhere.

Susan Ferguson, Mental Health Directorate, Scottish Government



Growing Project Portfolio: SAFXR & EMoodie

SAFXR

The DMHIC continued its support of Innovate UK's MINDSET 3 challenge, which sought extended reality (XR) solutions to address mental health needs. Of the 140 applications submitted, 10 originated from Scotland (7%), with one successful in securing £208,468 in funding.

The successful applicant was Care Reality, a Scottish SME, with DHI and the DMHIC included as costed partners in their submission. Their funded project, Safety Planning for Suicide Prevention XR (SAFXR), is an innovative XR tool that integrates immersive scenario-based learning with therapeutic safety planning. SAFXR is designed to equip professionals in healthcare, social care, emergency services, and education with the skills and confidence to manage complex, high-risk situations while safeguarding their own mental wellbeing.

The project will run over a 15-month period, with the DMHIC contributing through user recruitment, stakeholder engagement, commercialisation support, and dissemination via its network.

EMoodie

The DMHIC facilitated the introduction of eMoodie and its developing product, eMoodie Minds, into the Moray Rural Centre of Excellence (RCE) Living Lab. Following positive initial discussions, eMoodie has expressed interest in advancing a proposal for an evaluated test opportunity within the Moray RCE. eMoodie Minds is a mental health app designed to address common mental health challenges and enhance resilience against burnout. Using deep learning and natural language processing, the app screens for digital vocal biomarkers and linguistic psychological patterns, allowing its algorithms to predict mental health symptoms and deliver targeted therapeutic exercises and content tailored to individual users.

Initial assessment suggests that eMoodie would benefit from support in evidence generation, understanding public sector procurement, service delivery models, and integration. The Moray RCE provides an ideal environment to progress the project, ensuring that outcomes are monitored with appropriate support and oversight.

KNOWLEDGE EXCHANGE

DMHIC acts as a hub to bring members together to share knowledge, build relationships, and support the development of collaborations in Scotland, the UK, and internationally. The following summaries this year's key activities;

- **Small Medium Enterprise (SME) Support:** On 15 October 2024, the Digital Mental Health Innovation Cluster hosted a virtual Q&A session aimed at supporting Scottish innovators interested in applying for Innovate UK's Mindset 3 funding. The session was attended by 11 participants and designed to offer practical guidance for accessing up to £300,000 in funding for XR (Extended Reality) projects that align with Innovate UK's ambitions to stimulate cutting-edge innovation and economic growth.

The session concluded with opportunities for networking and collaboration among XR innovators, startups, mental health professionals, and researchers with an interest in Scottish digital mental health. The event successfully positioned attendees to take the next steps toward funding and scaling their innovations.

[Link to recording: https://vimeo.com/1022940301/fb4a78a303?share=copy](https://vimeo.com/1022940301/fb4a78a303?share=copy)

- **Third Sector Engagement:** On 25 February 2025, the Digital Mental Health Innovation Cluster, hosted a virtual event exploring the vital role of the third sector in Scotland's digital mental health ecosystem. As digital strategies advance, the session addressed how charities, voluntary organisations, and community-based services can contribute to and help shape the digital transformation of mental health care.

Speakers included Ciaran Barbour (Digital Strategy Manager, SAMH), Jacqui Paton (Project Manager, Mental Health Foundation/Together to Thrive), Karim Mahmoud (Commercial Innovation Lead, DHI), and Chris Mackie (Director of Digital, Health, and Social Care Alliance Scotland).

The 27 attendees engaged in meaningful dialogue aimed at sharing intelligence, identifying gaps in the current landscape, and exploring future opportunities. Link to recording:

<https://vimeo.com/1067019431?share=copy>

- **Key Presentations:**
NAIT Neuro-affirming Community of Practice Scotland, 11 February 2025, Glasgow: DMHIC presented work on the Adult ADHD Pathway and Services Mapping project at the Neuro-Affirming Community of Practice event, hosted by the National Autism Implementation Team (NAIT). With over 100 attendees, the event brought together professionals from health, education, employment, social care, third sector and justice sectors to share best practices in supporting neurodivergent individuals. The event reinforced the importance of cross-sector collaboration in building inclusive digital mental health solutions.

Digital Health & Care Scotland 2025 Conference, 18–19 February 2025, Edinburgh: As a key event in Scotland's digital health calendar, this two-day conference convened over 100 leaders from health, social care, and technology to discuss the future of digital innovation in healthcare. DHIC were invited to attend and present.

Publications:

To support and inform the ADHD mapping work, the report [Evaluating Digital Interventions for ADHD Diagnosis and Management for Adults within the UK \(Excluding Scotland\)](#) was published by DHI in Sept 2024.

In addition, the following DMHIC reports will be published via the University of Strathclyde institutional repository, Strathprints, in October 2025:

1. Summary of Key Challenges & Opportunities for Digital Mental Health Research & Innovation in Scotland.
2. Adult ADHD: Scottish Pathway Research – Review of current landscape across health boards.



Summary of Achievements & Value (Years 1–3)

DMHIC is maturing from an initial local concept into a recognised national and international innovation cluster, with the following activities of particular note:

- Membership refreshed and now at over 230 individuals.
- Delivered 6 impactful, local national and international events, connecting stakeholders across policy, academia, health, and industry.
- Influenced national priorities on Adult ADHD service development to support innovation adoption.
- Reinforced Scotland's position as a global leader in digital mental health.



Having worked with the Digital Mental Health Cluster since its launch I have been uniquely placed to see its growing impact and significant development of the last few years.

Working across Scotland the Cluster has become a central point of contact and coordination for digital innovation and has been able to drive forward crucial work around service delivery priorities such as ADHD while progressing our understanding of new, emerging technologies such as extended reality. Over the last year we have seen the work of the Cluster turn into wider, tangible, opportunities for the industrial sector, bolstered by its ability to create strong partnerships between clinical, academic and commercial sectors



Chris Wright, National Advisor for Digital Mental Health at The Scottish Government and Head of the Digital Mental Health Programme

The below diagram summarises the progression of DMHIC achievements from March 2022 to July 2025.

Tracking Progress		
Connectivity	Activity Management	Knowledge Exchange
Year 1 (2022-23)		
Established base of circa 950 members Gaining recognition <u>outwith</u> Scotland e.g. invite to present at inaugural DMH conference in Northern Ireland June 2023.	Delivered 5 x innovation cluster events Developed Virtual Resource Hub to support activity and knowledge exchange https://www.dhi-scotland.com/innovation-clusters/dmhic Outcomes Map developed to identify shared interests & ambitions.	2 Reports published – Global Best Practice/Emerging Innovations (June 2022) Assessed a “Test and trial Platform for extended reality mental health and wellbeing solutions”. Partnered with IUK £3m Mindset 1 Challenge Fund opportunity = 2 successful Scottish bids.
Year 2 (2023-24)		
Membership growth to circa 1,200 members Expansion of Virtual Resource Hub Collaboration with Health Innovation Network South London & HINARI (Northern Ireland), TCI Conference in Iceland.	Delivered 4 x innovation cluster events Progress against DMHIC Outcomes Map FAQ Advice developed for industry members (Feb24) Initiated Digital Adult ADHD Mapping	Podcast with European CH Alliance DMHIC Monthly Newsletters introduced Dissemination of Innovate UK £8m Mindset2 Challenge Opportunity
Year 3 (2024-25)		
Refresh of Database scheduled to ensure active members Expand engagement in the international DMH ecosystem to identify collaboration opportunities and support KE.	Participated in collaborative bid for MINDSET 3 on use of VR to support training in suicide prevention Advisory Board workshops to identify key priorities for collaborative activity	Published Digital Interventions for Adult ADHD Diagnosis & Management (Sept 24) Baseline of Current Digital MH Innovations Mindset 3 Challenge Opportunity – 10 applications

Fig. 3: DMHIC Summary Progress Tracker (Mar 22 – July 25)

Cluster Development: Next Steps (2025–26)

In 2025/26, DMHIC will focus on the following;

CONNECTIVITY

- Collaborate with UK Funding body Innovate UK, to further promote Scotland and highlight opportunities for Scottish companies in Digital Mental Health.
- Re-engage with industry to promote the benefits of participating in DMHIC activity and re-balance membership.
- Partner with Scottish Universities to promote and develop cross sectoral collaboration opportunities – e.g. Mindset Event 2nd October 2025 with Abertay University and in partnership with Games Network/ AI Alliance <https://www.eventbrite.co.uk/e/mindset-xr-innovation-in-mental-health-roadshow-2025-dundee-tickets-1325106512249>
- Support Global Digital Mental Health Conference taking place in Glasgow in 2026. This event will be in partnership with Glasgow and Ulster Universities, creating the opportunity to further promote work of DMHIC and Scotland to a global audience

KNOWLEDGE EXCHANGE

- Strengthen Digital Mental Health Innovation collaborations with national UK partners including Health Innovation Network South London, HIRANI Northern Ireland, and Wales Life Sciences Cluster to promote best practice and knowledge exchange.
- Further enhance direct engagement and knowledge exchange with members through the development of a members' forum on the DMHIC web pages.
- Share learning from direct participation in cross-sectoral digital mental health collaborations with Scottish SME's.

ACTIVITY COORDINATION

- Apply the findings from ADHD activities to galvanise service transformation in partnership with the Scottish Government /NHS ADHD England Taskforce
- Actively promote and seek R&I collaboration opportunities which align with the recommendations of the Advisory Group report 'Scotland's Digital Mental Health Innovation Cluster: Summary of Key Challenges & Opportunities for Digital Mental Health Research & Innovation in Scotland'.
- Review and refresh outcome map with cluster members to continue impact and successful development of the cluster.

Appendix 1: DMHIC Outcome Map

The Outnav software tool provides a stepped methodology to detail outcomes and capture evidence sources in a way which tracks the progression and contribution of the innovation cluster. As a dashboard it visually assists in gap analysis showing areas of innovation cluster success and those for further development.

The pathways were divided to consider progress in the following two initial areas.

- **Outcome 1:** Cluster members work together to develop and adopt digital interventions for mental health.
- **Outcome 2:** Establish and share learning from the Innovation Cluster

