Augmented & Virtual Reality for Mental Health

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Nottinghamshire Healthcare
NHS Foundation Trust

Unmet needs in Mental Health: The treatment gap

- 75% of people with mental illness receive no treatment at all

- 60% of people referred to IAPT services receive no treatment

- 10% of British 5-15 year olds have a diagnosable mental health condition but only 25% of these receive treatment

- 75% + of adults who access mental health services had a diagnosable disorder <18 years of age

NHS

FIVE YEAR
FORWARD VIEW

Annual Report of the
Chief Medical Officer 2013

Public Mental Health Priorities:
Investing in the Evidence

Chapter 4

**Technological
innovations in
mental healthcare**

Chapter authors
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The potential for Technology

- £30bn NHS funding gap by 2020 requires transformational change

- NHS England Targets require disruptive technological solutions

- Demand for flexible, person-centred care: precision medicine and self-management

- Harness advances in computer science, AI and machine learning

- The UK is ready for digital mental health (?)

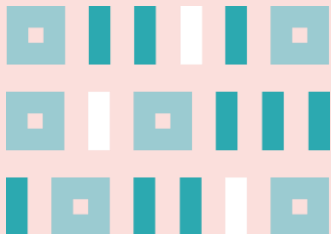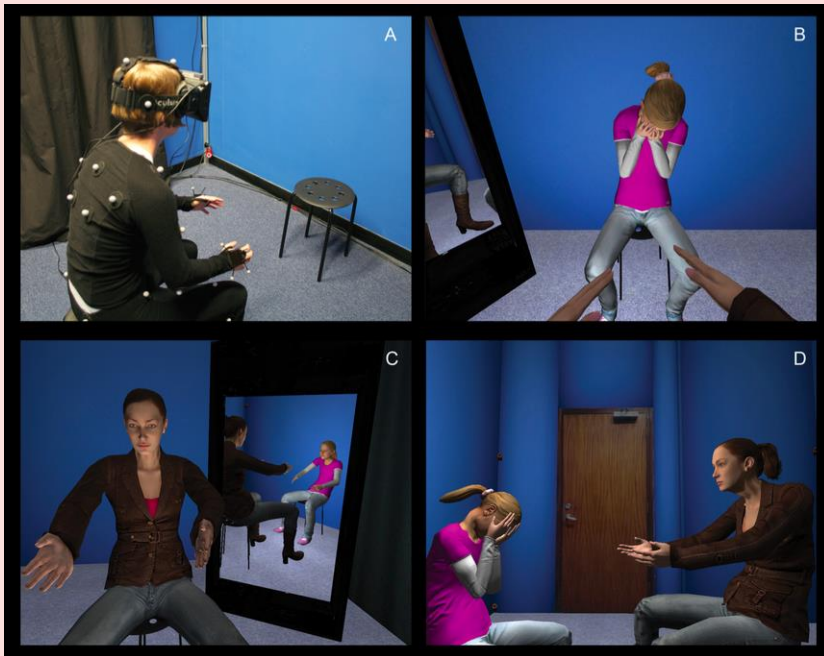NIHR | Mental Health MedTech Co-operative

Improve access to treatment

New non-pharma treatments

More objectivity to diagnosis & management

Avatars, VR and Virtual Worlds

Treating Fears through VR & AR

- Psychological treatment is recommended treatment for a range of conditions

- NHS does not have the funding or staff to meet demand

- VR is a possible solution

- People with severe fears are willing to go into situations in VR because they are simulations

- But the learning from VR transfers to the real world

Challenge: Moving from the simple to the complex

Opportunities… and challenges
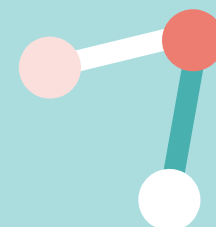
- There is huge potential for VR/AR in Mental Health

- Digitising existing treatments - and developing new ones

- Need for scenarios for research and practice

  - Bespoke and personalisable

  - But also affordable

- The role of staff – a therapeutic alliance with VR coach?

- What can/will the NHS pay for?