

Reference: FOI.ICB-2526/423

Subject: Digital Mental Health and Wellbeing Platforms

I can confirm that the ICB does hold some of the information requested; please see responses below:

QUESTION	RESPONSE
<p>Clarification received: Can we clarify what the requester means by 'young people'; 'I can confirm under 25s'</p>	
<p>1. Does the ICB commission or use any digital mental health and wellbeing platforms for its young people?</p>	<p>Bristol, North Somerset and South Gloucestershire (BNSSG) ICB commissions Vita Health Group to deliver NHS Talking Therapies in BNSSG, which is available to anyone 16 and over.</p> <p>This service is commissioned to deliver within the national framework of the NHS Talking Therapies manual, which is published here: NHS England » NHS Talking Therapies for anxiety and depression manual</p> <p>Within this service, in BNSSG, the provider will operate some interventions through a digital platform. The ICB does not hold information regarding this, information would need to be requested directly.</p> <p>Please contact Vita Health Group directly: Contact us - Vita Health Group</p> <p>The ICB Commissions Sirona care & health to deliver Children's Community Services (Children's Community Health Partnership contract). This includes Children and Adolescent Mental Health</p>

	<p>Services (CAMHS) which are subcontracted by Sirona to Avon and Wiltshire Mental Health Partnership NHS Trust (AWP). The following services are available to support the mental health of children and young people in BNSSG through CAMHS:</p> <ul style="list-style-type: none"> • Kooth – A confidential online platform offering counselling and wellbeing support for 11–25-year-olds. Young people can register directly at www.kooth.com without a referral. • Off the Record (OTR) – Provides counselling, workshops, and creative projects for young people aged 11–25. Parents and carers can find out more or refer via www.otrbristol.org.uk. <p>The ICB commissions Northpoint to deliver the following service to support the mental health of young people between 13 and 18 years and parents of children under 18 years:</p> <ul style="list-style-type: none"> • SilverCloud – A digital platform offering guided Cognitive Behavioural Therapy (CBT) for young people aged 13+, and tailored programmes for parents of children aged 5–18. Families can self-refer via https://northpoint.iotform.com/252652370816357
<p>2. Does the ICB mission or provide free access to digital mental health app for its young people?</p>	<p>The ICB does not commission a single mental health app for Children and Young People beyond that which is provided above.</p>
<p>3. Which department, such as Public Health or Children's Services, manages the commissioning of the digital services in this area?</p>	<p>Commissioning of services for Children and Young People sits within the Performance and Delivery Directorate of BNSSG ICB. There is not a separate department for commissioning of digital services.</p>
<p>4. When does the current contract for this digital service with the ICB expire, and is it due to be recommissioned?</p>	<p>The ICB does not commission a digital service for adult mental health.</p> <p>The Children's and Community Health Partnership Contract covers children and community services within BNSSG ICB. The Contract is</p>

	<p>held by Sirona care & health. Child and Adolescent Mental health services are sub-contracted to AWP. This contract is due to expire on 31 March 2027. The ICB will ensure continuity of Children's Community health services through recommissioning.</p> <p>Northpoint is commissioned to provide Silvercloud until October 2026.</p>
5. Does the ICB provide access to any digital peer support services?	The ICB does not commission digital peer support services.
6. Does the ICB provide access to any digital mental health services specifically for Autism?	The ICB does not commission digital mental health services specifically for autism. Digital services detailed in Q1 are available to all children and young people in BNSSG.
7. Does the ICB provide access to any digital mental health services specifically for those who are jobseekers?	The ICB does not commission digital mental health services specifically for those who are jobseekers.

The information provided in this response is accurate as of 20 March 2026 and has been approved for release by Helena Fuller, Deputy Director of Business, Strategy and Planning for NHS Bristol, North Somerset and South Gloucestershire ICB.